

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

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March, 1990

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Stewart Sets World Indoor Masters Mile Record

Canadian Lower's Boit's Mark to 4:15.47 in the Meadowlands

by DAVID ZINMAN

NEW YORK — One week after upsetting a world class field in the Millrose Masters Mile, Canada's Dave Stewart showed it was no accident by scoring another smashing victory that snipped one-hundredth of a second off the world indoor masters mile record.

"I cut it pretty close, but it's better to be under than over," said Stewart, who reeled off a 4:15.47 mile on the fast, ten-lap track at the Vitalis-Meadowlands Invitational in New Jersey, February 9.

"I think I could run close to 4:10 with the proper race," Stewart said. "At the end, I felt strong enough to have run another lap or two at the same pace."

Stewart, 41, broke Kenyan Mike Boit's 1989 standard of 4:15.48 — set last year on the same track, the boards on which Eamonn Coghlan ran the first sub-3:50 indoor mile in 1983.

And Stewart made it look easy. He won by 15 yards over Boit, who finished in 4:18.02. Wilson Waigwa, who holds the outdoor masters mile record of 4:07.4 (a 4:05.39 is pending), was third in 4:19.05.

"I felt a few of us had a shot at the record," Stewart told the National Masters News. "I was surprised to win by as much as I did; more surprised than breaking the record."

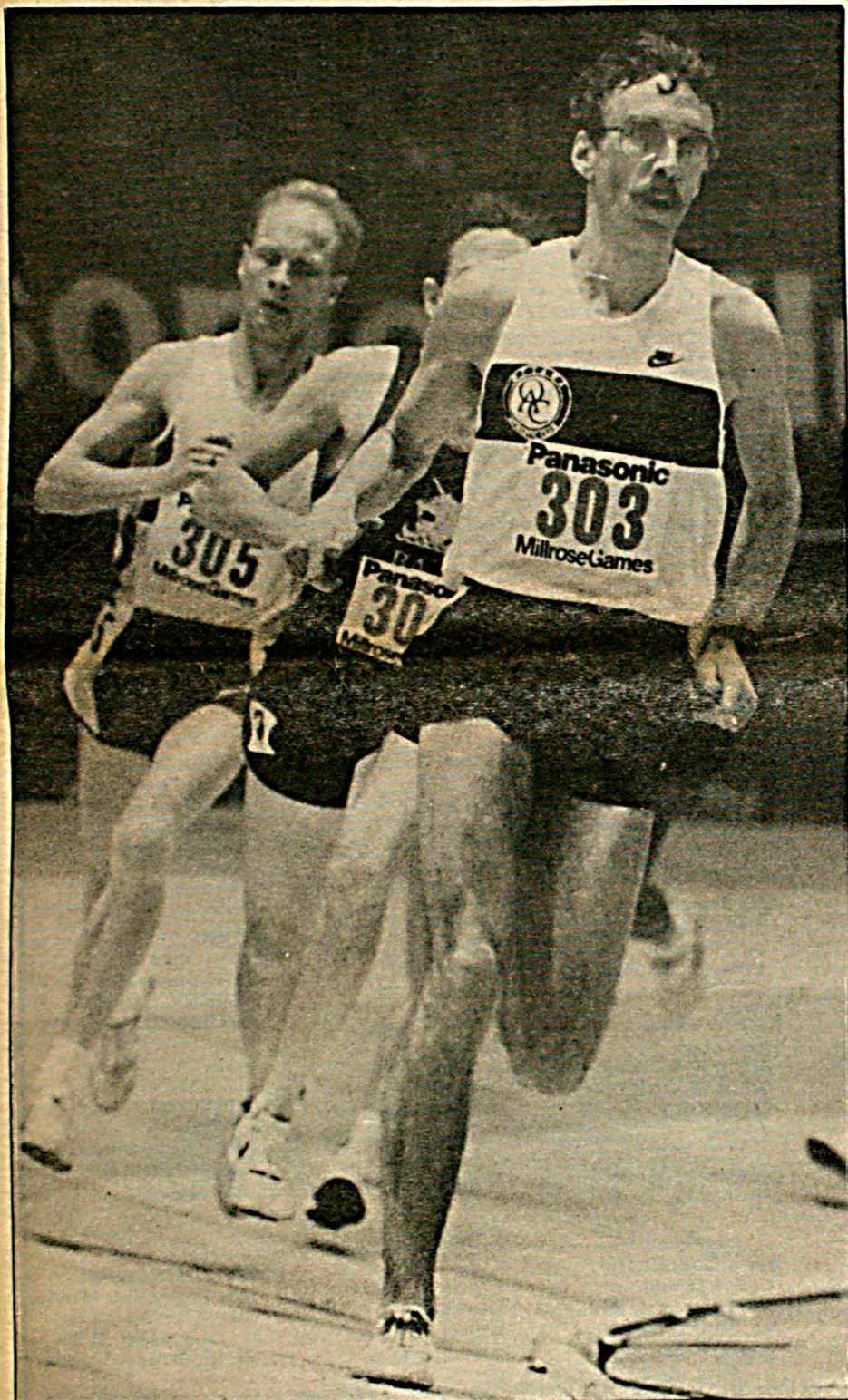
It was the third time in a year that the masters indoor mile record fell. Ron Bell of Great Britain lowered it to 4:17.88 at the Panasonic Millrose Games a year ago before Boit came back the next week to lower the mark to 4:15.48 at the Meadowlands.

Stewart tucked in behind Bell and let the 43-year-old North Wales college professor take the field through a 63-second quarter. The pace fell off to 2:10 at the half when Bell dropped out, feeling an Achilles injury he had aggravated in the Millrose meet.

Stewart, finding himself in the lead, decided to force the pace. He put together two even splits — clocking 62 for the third and fourth quarters. Nobody was close to him in the last 300 yards.

"Boit was on my shoulder. I knew he has a long stride — he is a bit of a looper — and it's tough for a guy like that to go by somebody on an indoor track. So I felt if I ran the straightaway hard and controlled the turns, I could hold him off. I pulled away from him with two laps to go."

Stewart, who finished second to
Continued on page 12



Dave Stewart, 41, winning the Masters Mile at the Panasonic Millrose Games in New York, February 2, in 4:16.48. One week later, at the Vitalis-Meadowlands Meet in New Jersey, he set a new world masters indoor mile record of 4:15.47. Photo by Sailer, Ltd.

Taylor Bests Green in National 5K in Florida

Fourteen states were represented in TAC's National Masters 5K Championships on February 4 in DeLand, Florida, but the entire field totalled only 45 runners.

"We promoted the meet heavily,"

said race director John Boyle. "I think the name 'championships' must scare people away."

The quality, however, was there. Randy Taylor, 42, of Arkansas, reach-

Continued on page 27

600 to Compete in Nationals

More than 600 athletes from throughout the nation are expected to compete in the 1990 TAC/USA National Masters Indoor Track & Field Championships on March 24-25 in Madison, Wisconsin.

The annual event will be held on the 220-yard, Mondo surface at Camp Randall Memorial Sports Center.

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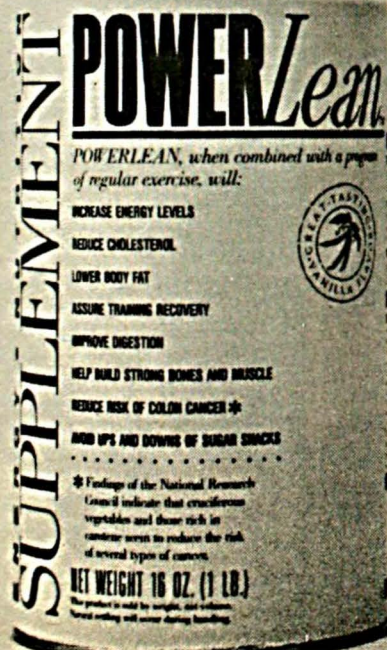
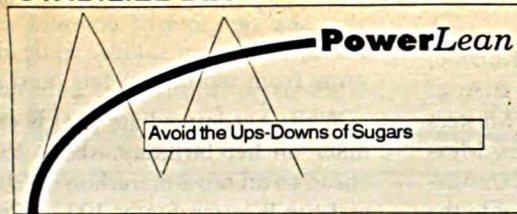
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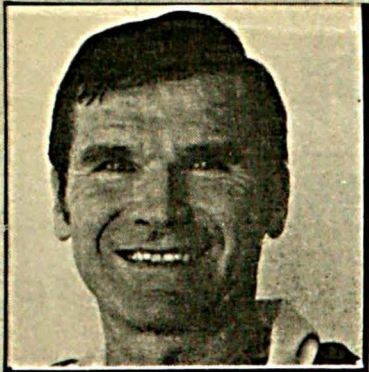
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Third Wind

by Mike Tymn

Dr. Lou Klitzkie: An Olympian At 48

At 48, Lourdes Klitzkie was not the oldest competitor in the 1988 Olympics. That distinction went to Durward Knowles, 69, a yachtsman from the Bahamas. But Klitzkie, who represented Guam in the marathon, was definitely the oldest runner at Seoul. Most certainly, she was the only grandmother competing.

While official records in this area are not kept, all indications are that Klitzkie is the oldest runner to ever have participated in an Olympic running event.

There's speculation that sensational Swedish marathoner Evy Palm will represent her country in the next Olympics at age 50. Klitzkie could be in those Olympics, too — at age 52!

"The road to Barcelona in 1992 is underway," says Klitzkie, preparing to celebrate her 50th birthday on February 2 with her eighth 5-mile race.

Klitzkie finished the Olympic marathon 63rd among the 69 starters and 64 finishers with a personal best time of three hours, 25 minutes, 32 seconds. She will be the first to admit that she is not a "world-class" runner, however that is defined, and that her participation in Seoul was a matter of being in the right place at the right time. Although Guam, an island of 120,000 people in the Western Pacific, is a territory of the United States and its residents American citizens, it was allowed, as was Puerto Rico and



Lou Klitzkie, 48, running in the 1988 Seoul Olympics.

American Samoa, two other U.S. possessions, to field its own team in Seoul. While Puerto Rico has been represented in prior Olympics, it was a first for Guam and American Samoa.

Had Klitzkie turned down the chance to run in Seoul, she might have been labeled a world-class fool. The opportunity was there and she seized it, plain and simple, no apologies necessary.

"I was indeed honored and proud to represent Guam" she offers. "It's not only who wins medals; it's the participation and the spirit among the athletes. It was an experience I'll never forget, and I was happy to be part of it."

Born and raised in Guam, Klitzkie, who goes by "Lou," earned a B.A. at the University of Guam, a Masters Degree at the University of New Mexico, and a Ph.D. at Utah State University. She is an associate professor in the College of Education at the University of Guam. Her husband, Bob Klitzkie, is a native of Wisconsin. They have a daughter and three grandchildren.

Klitzkie took up jogging in 1974. "My husband was in California studying for the California Bar exam, and many of my friends and relatives were away for the summer," she explains. "The activity actually developed out of boredom. I felt that the physical activity would release a lot of tension and anxiety that I had, and it did. A jog of one mile every evening for two months was very gratifying. It made me feel very good, physically and mentally."

It wasn't until 1979, though, that Klitzkie began competing. "A couple of my running friends asked me to join them in running a half-marathon. Not knowing what I was doing, I committed myself. Much to my surprise, I came in second overall and first in the 30-39 age division. The glory of placing and winning in that race led me to do a full marathon a month later."

That 1979 race was Klitzkie's first ever sports participation. "I never took P.E. classes in school or competed in sports until I was 39," she says. "My

talent was in music. I took band in high school and played the saxophone. I studied piano for over 10 years. I come from a family of musicians. I had never dreamed of running competitively, especially in the Olympics."

Within a year of her first race, Klitzkie had set Guam women's records at 10-K, the half marathon, and the marathon. Her 10-K PR of 42:06 was recorded in 1984. She got her first taste of international competition in the 1983 Honolulu Marathon, finishing 5th in the 40-49 category with a 3:31:36 under very warm conditions.

Since the climate in Guam, which is some 3,000 miles west of Hawaii, has temperatures in the high 80s or low 90s with high humidity year-round, Klitzkie is accustomed to warm-weather running, even though it adds to the race times. The weather did not prevent her from logging 80-90 miles a week in preparation for Seoul. She's now putting in almost as much in training for her birthday run.

"I work in my training to fit my schedule," she says. "If my classes meet early in the morning, then I run in the afternoons. If I have late afternoon classes, then I run in the morning. Often times, my husband meets me after work and we do a 12-mile run together. For my 30-mile training runs, I get up at 3 o'clock in the morning. That's not easy, but I've found that *determination and hard training make for good races.*"

Klitzkie, 5-2 and 107 pounds, adds that she eats lots of complex carbs, fruits, and green salads, while staying away from red meats, fats, and salt.

While her immediate goal is that 50 miler on her birthday, she is looking ahead to an ultra-marathon in Chicago and the Western States 100 in California.

"I look at this," she ended, "as just the beginning of my running career." □



Lou Klitzkie

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Signature _____ Date _____

PROFILE

Rod Dixon Takes Aim at a Four-Minute Mile

by GREGOR ROBIN

Come on Rod. Kick your shoes off. Relax. Look back at what you've done. Take a break.

Let's see. Four-time Olympian. A come-from-behind win at the 1983 New York City Marathon. A 3:52.3 mile. An 8:14.4 two-mile. Wins at Falmouth, Beverly Hills, Philadelphia.

Haven't you had enough? You're 39-years-old, for crying out loud!

Oh, that's right. You're almost 40. Oh no, Rod, don't tell me. You're not? You're not training to...? You're not training to break the four-minute mile again?

What's that you say? Yes. You want to be the first man over 40 to break the four-minute mile.

Well, all I can say is, GO FOR IT!

Rod Dixon was in Santa Barbara recently enjoying the good weather, doing some running, promoting a new line of shoes and gearing up for an all-out assault on breaking the four-minute mile.

He's broken four-minutes numerous times in his career which spans 20 years of world-class competition. Dixon is the only winner of the New York City Marathon who has broken four minutes. And his best time of 3:53.3 isn't just a dip under the barrier. That's a bonafide smashing.

The last time the New Zealander broke four minutes was in January of 1987, clocking a 3:58.9. He's been training over the past few months to get his speed back up. A lot of careful planning has gone into this.

Dixon has set July and August of 1990 as the time for the assault. He turns 40 on July 13. He'll be running the mile in a world class meet in Bislett Stadium in Oslo, Norway on July 12, and surprisingly he will actually be 40 in Oslo on that date.

"Eight p.m. in Oslo, on July 12 is 7 a.m. in New Zealand July 13 which is exactly three hours after my birth hour," said Dixon. "That's the fine tuning we're at."

He seems to be in solid shape already. He clocked 4:02.8 in workout recently, a good sign.

Dixon is currently touring the world as a spokesperson for the new line of running shoes called Lydico, which focuses on the 35-55 age group. He is also the Sports Special Events Manager for Sky Network Television of New Zealand.

I asked him if his life has been different since winning the 1983 New York Marathon in 2:08:59.

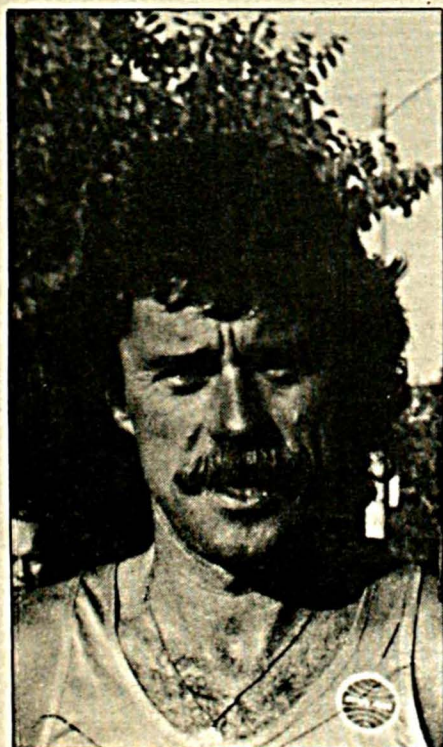
"No, but I think overall, it's been a

great thing in my life," he said. "I ran in four Olympics and set world records and won I don't know how many races, and competed in Europe all those years, and yet the one race that really got people's attention was the New York City Marathon."

Dixon said he wanted to win that race to take away "the disappointment of the 1976 Olympics."

In the 1976 Olympic 5000 final in Montreal, Lasse Viren covered the last 1600 meters in 4:05 to win the gold medal in 13:24.76. Although Viren was flying, he had company. First place was separated from fourth by just .74 seconds. Dixon, one of the pre-race favorites and the 1972 bronze medalist in the Olympic 1500, placed fourth in 13:25.50.

"I put the New York win in perspective," Dixon said. The great championships and the great events come and go. We remember them, but we can't dwell on them. We must go on in our lives. Hopefully, we're enriched by the experience, the thrill of it. But, really, I don't think it changed me a lot. Financially, it didn't help much. There weren't the lucrative bonuses there are now.



Rod Dixon

Photo by Gregor Robin

Dixon said what it has done is open doors when he wants to discuss a promotional or business opportunity.

"But once you've gotten in the door, you have to prove yourself. People may think, 'Well, you may be a great athlete, but if you can't do the job you're of no use to us.'"

Dixon enjoys his current life style. He tended to drift away from running in the past two years, thinking, he must put away his athletic life and concentrate on the future.

"But I've refocused, now, in saying I'm not going to give up. The people around me want me to stay in shape and to continue competing, even though I may not win. Well, I never thought I had to always be a winner. Winning was important to me, but I felt I was a good loser too. I wasn't a gracious loser, but as long as I felt I had done my best, it didn't matter where I finished. It's the best you can do on that day."

Dixon says he's excited about getting old. "I'm actually looking forward to when I turn 40."

He'll prepare for his assault on the four-minute mile in some leadup races in Europe prior to Oslo.

"It will be almost like an Olympic Games on July 12. That's the day I have the best chance of doing it. I've set up a nine-day period where I'll have five opportunities to have a go at it. If it doesn't come in that time, we'll re-evaluate, perhaps back off. Perhaps a little more rest is needed or if there is something else that needs to be taken care of. So we'll make those adjustments and I'm hoping within the period from July 12th to the first week of August we can put it to rest because I'd like to come back and run the Falmouth road race and some of the other road races."

Dixon says he feels the Africans are the biggest threat to break four minutes as masters. Wilson Waigwa of Kenya holds the current world masters mile mark of 4:07.4. Suleiman Nyambui is closing in on 40.

"But they can't just go out and do it at will," Dixon reflected. "They have to prepare for it. I believe the person with the best plan and the best preparation will do it. That's why I'm trying to reduce error by carefully planning and knowing what my plan is. I get confidence from that."

Is Dixon concerned that by announcing his plan and the date of the race, someone like Waigwa might show up to challenge him? Then it could become a match race, not just which runner gets four minutes.

"That's my concern," he admitted. "A match race usually doesn't produce a fast time. I also don't want to set Waigwa up to outkick me. I want to run my race that I've carefully planned and put together with a lot of thought and consideration. I want to be a little selfish and say this is my attempt. I'm

Five Years Ago

March, 1985

- Barry Brown (30:18) edges Pat Murphy (30:22) in TAC National Masters 10K
- First TAC Indoor Masters Pentathlon Held in Pennsylvania
- Elementary School Named After Sing Lum, M80 Sprinter

bringing in people to help me do it... it's a set up. I don't particularly want somebody coming and stealing it away. But if Waigwa or anyone else shows up, I'll still try to run to my plan. I feel I'd be good enough to run away from them anyway. That would be a bonus — to run a sub-four-minute mile and beat the best masters runners in the world."

Dixon says he'd like to set the record and then put it on the line in a televised race in the U.S. against the world's best runners.

Would a sub-four mean more to Dixon than his New York win?

"I wouldn't trade. This would be a new chapter in my book. I'd like to do it for the athletes of my age who are saying, 'Well, I guess you'll hang it up at 40.' It could very well spell out that, hey, we're just beginning."

Being the first over-40 under four minutes is a personal challenge to Dixon. He sees it as an attainable barrier; something he would like to be able to do.

His 4:02.8 last year in a time trial was evidence that his plan is working.

"I felt good that day and John (Dixon, Rod's brother and coach who won the 1500 M40 gold in Melbourne) said to 'run four laps and we'll see how you go it.' My competitive spirit stirred up; I came around the final turn and I had goose bumps. I felt so good. I said, 'God, this feels like the old days.' And I finished strong down the front straight."

Dixon's base running is about 65-to-70 miles per week. Sixty to 70 percent of that is off-road running on trails, grass and unsealed roads. In his home town of Auckland, most of the streets next to the parks are like crushed brick, with just a little give. He also does seven hours of biking a week, and two days doing strength conditioning.

Three times a week he runs in the water where he does aerobic and anaerobic work. And he does two sessions of speedwork.

"So I'm working out probably two-and-a-half hours per day and my longest run is about 15 miles. I don't want to do any more because I need to be recovered for the next morning." □

Gregor Robin is a sports writer at the Santa Barbara News-Press. His profile was reprinted from California Track and Running News.

Hutchison First Age-Graded Runner Overall in Tulsa 8K

by JOE McDANIEL

The 1988 McDonnell Douglas Holiday Classic 8K in Tulsa on December 23 will go down as one of the most memorable races in the state of Oklahoma — not because of the quality of the field, but because of the bone-chilling cold. At race time, the actual temperature was a minus 10 degrees. It's doubtful that anyone in this event had ever run in this type of weather in Oklahoma.

Steve Fury and Jackie Goodman were the open-class winners in respective times of 25:01 and 25:47.

The race's noteworthy performance as shown in the National Masters News

Age-Graded scoring was turned in by Missouri's Jane Hutchinson, 44. She was second female overall and the first female master in 29:25. Gary Madison, 43, was the first master across the line in 27:43.

Masters prize money was awarded on age-graded scoring. Hutchison and Madison were both first on an age-graded basis, as well as on actual time. Each won prize money.

Times of all runners were fed into the computer to determine the best age-graded performances. Hutchison's was best over-all. Her age-graded 24:07 easily beat Fury's 25:01. Madison's 25:38 was seventh overall. □

Custy, Havens Top Masters in Houston-Tenneco Marathon

If John Custy and Susan Havens didn't thank Howard Kunz after the Houston-Tenneco Marathon on January 14, they should have.

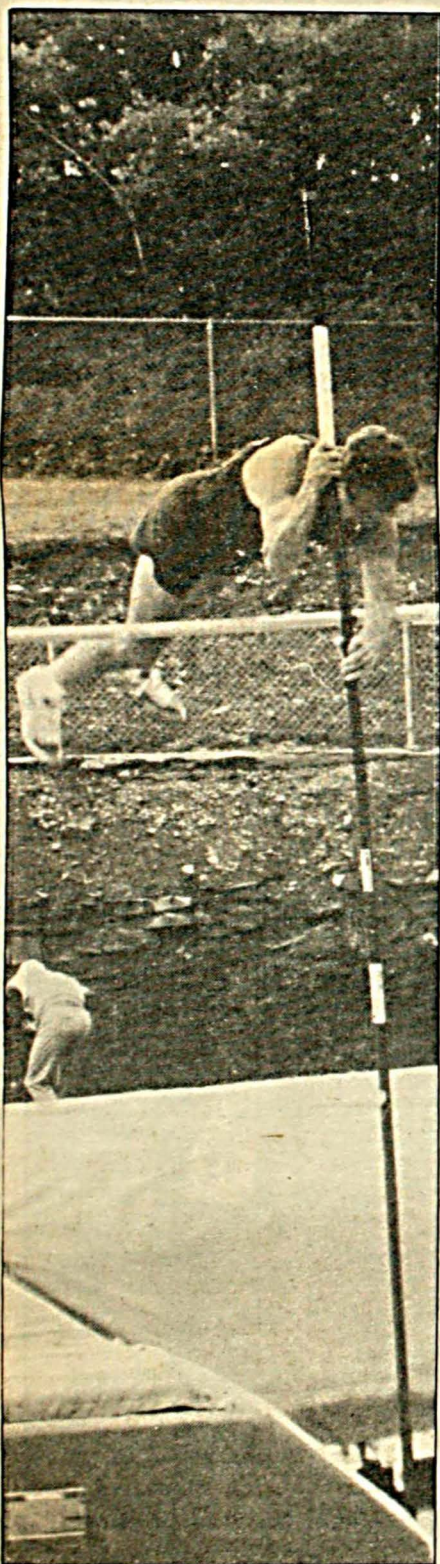
Custy (41, 2:28:07) and Havens (42, 2:59:09) each won \$1500 for winning their divisions as a total of \$7500 was awarded to masters runners in the annual event.

Kunz is chairman of Promote Masters Running, a group of 20 masters runners who lobbied the H-T organizers to include masters money in the event. In 1989, masters winners Kjell-Erik Stahl and Havens received no prize money.

"PMR has attempted to lobby for masters recognition in a positive, no-

combative manner," Kunz explained. "The \$7500 prize money is less than we had in mind for our goal of attracting national class masters runners, but it's a beginning."

Masters finishers increased from 34% of all finishers in 1989 to 40% in 1990 (1131 men; 150 women of 3240 finishers). □



Don Ritter clears 8-6 in the pole vault to place second M50 at the Empire State Games in Ithaca, N.Y.

TAC/USA 5K National Championship
May 5, 1990 Albany, NY

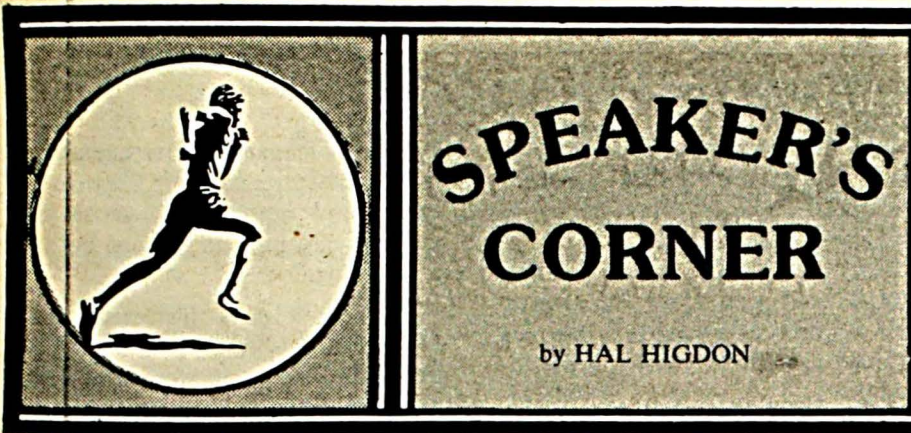
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Determining The Best

Following the ICI/USRA Circuit Finals in Naples, Florida, Al Sheahen and I argued amicably about whether that event was the fastest-ever masters road race.

Al felt it was the best-ever field of age 40-44 runners. He pointed to Mario Cuevas' one-second victory in 23:48 over Wilson Waigwa, with the top eight under 24:30 for 8K. Priscilla Welch's 26:49 also impressed.

I favored the 10K road race at the World Veterans' Championships last summer in Eugene, Oregon. Naples might have had the fastest-ever 40s field. It may also have been the fastest-ever American event. But in terms of all age groups, Eugene's world-beaters included Roger Robinson, Derek Turnbull, John Gilmour and Marion Irvine, along with Norm Green, winner at both.

It's an unwinnable argument. Regardless, both races in Eugene and Naples offered superb examples of masters road racing at its best.

Both races, because of their championship status, also attracted the best racers. Competitors at Eugene or Naples could return home knowing that they had beaten — or been beaten by — The Best.

Some years ago in Sarajevo, I did an interview with Dan Simoneau, a three-time Olympian in cross country skiing. We discussed the status of the Olympics vs. World Cup vs. World Championships vs. Worldloppet series — all prestigious nordic events. Simoneau offered the most concise explanation I've ever heard concerning the preeminence of the Olympics.

He said, "Everyone's there and everyone's watching."

Within the masters field, that is true every other year at the World Veterans' Championships. When competitors appear two summers from now at the next World Vets in Turku, Finland, there will be no argument who is The Best. Anyone who doesn't show, or doesn't win, doesn't deserve the title.

At the national level, athletes earn similar appellations each summer at the TAC National Masters Track & Field Championships. At Indianapolis this August, we'll determine America's best.

On the road, the situation is somewhat fuzzier for masters. Are America's best marathoners those who win the TAC title (and perhaps run fast

on a downhill course) at St. George, Utah on October 6, or those who choose to run for the money the following weekend at the Twin Cities Marathon?

Are the best 10K runners those who win their age groups in the TAC road race at that distance at Salt Lake City in May; at TAC cross country in Pasco, Washington in October; or maybe at TAC track in Indy? Or will the best appear in August at Asbury Park, NJ, where race director Phil Benson often offers expense money to assemble a top masters field?

How about comparing times? My Naples time was three minutes faster than a race I ran over the same distance last summer in Kankakee, Illinois. But Naples offered a flat course and cool weather, something I don't always find when I race. In Kankakee, not only was the weather warm, but I was climbing hills, running over uneven ground and hopping hay bales on a cross country course.

Running Times annually ranks age-groupers, but sometimes misses the mark. In its ranking of men 55-59, the magazine stated that nobody came close to Norm Green and Ray Hatton, overlooking the fact that at Eugene, Bill Foulk not only came close to Green, placing second, but beat Hatton. Yet Foulk was ranked behind a runner with slower times and without two world silver medals. (Foulk also was second at 5,000.)

I don't blame the magazine's ranker, who must scramble for information from multiple sources in an attempt to compare masters who often can't race each other because of geographic separation and a lack of travel funds. Masters also have difficulty finding their competition. In a year of multiple championships, which championship is the championship?

Age-grading allows an opportunity to compare athletes from different age groups running different distances, but most of the top times in last year's Sorbothane rankings came from the Great Race 10K in Pittsburgh, a downhill course.

Luck also plays a factor. A shift in wind or rise in temperature can

transform even a great race into a (relatively) poor one. When great athletes go head-to-head, superficial course and weather factors, of course, become irrelevant. But this happens too infrequently among masters.

Because of ICI's strong financial commitment, Naples provided an answer to the "Who's best?" question for 1989 even though that race occurred — ironically — two weeks into the next year. It was the finals of an 18-event series. Those leading the series qualified for expense money. TAC ordained the event its championship of championships. Most of the prize money went to the youngest masters, but other age group winners won at least token sums.

Alas, because of budget cuts, ICI will not be funding the USRA Masters Circuit in 1990. Promoter Dean Reinke insists that he plans to continue the Circuit with or without a major sponsor, but Dean may have difficulty matching the spectacular finish offered at Naples this January.

Meanwhile, TAC's long distance running committee held a four-hour planning session in Naples, then continued the following day. That morning, while jogging on the beach, I encountered TAC masters chairman

Charles Des Jardins doing the same. I inquired about plans.

Des Jardins hinted that TAC might establish its own road circuit in 1991 leading to a grand finale. Rumors in Naples suggested that, after a year's strategic absence, ICI might return to finance TAC. Also waiting in the woods is George Hirsch, publisher of *Runner's World*, founder of indoor masters miles, who would like to do the same on the roads if the right situation presented itself. Internationally, there is talk of reviving the world road championships that died when IGAL was absorbed by WAVA.

It's what they mean when they say, Market Economy.

Actually I enjoy intrigue. It gives me something to talk about in the off year between world championships. At the same time, I wish all of the competing groups could get their respective acts together to present masters runners with a more definitive means of channeling our best competitive efforts.

If not, it may be a long time before Al Sheahen and I can argue over an event being the fastest-ever masters road race. □

Hal Higdon's latest book is "Masters Running Guide," available from National Masters News.

Keyes Tops Masters in Paramount 10K

Steve Keyes was the first masters finisher in 31:29 in the 11th annual Paramount 10K in Paramount, Calif., January 20.

Keyes was also the top masters age-graded runner of the day with a 90.7% performance. Next was Jim O'Neil (M60, 37:25, 89.5%), followed by Tom Burns (M45, 33:07, 89.1%), and Gina Faust (W50, 38:46, 88.7%).

Each year, Bud Light sponsors a Special "World Masters Division". To qualify, a runner must have bettered a

qualifying standard (e.g. an M40 runner must have run a 10K under 34:00 prior to the race).

Of the race's 671 finishers, 52 qualified for the special masters division. The first three finishers in each age group won prize money (\$100/\$75/\$25). Oldest cash recipient was Paul Spangler, 90, who ran 74:49.

The race is one of the better masters events in the nation and the only one to guarantee prize money for winners of the upper age groups. It was again successfully directed by Oscar Rosales. □



New Zealand's Bruce Blair (#93, right) placed second to Bernie Allen (not shown) in the TAC/USA National Masters 10K Cross-Country Championships in San Francisco, November 25.

Photo by Elaine Rosenfield

The book you've waited for:
How to become a better masters athlete

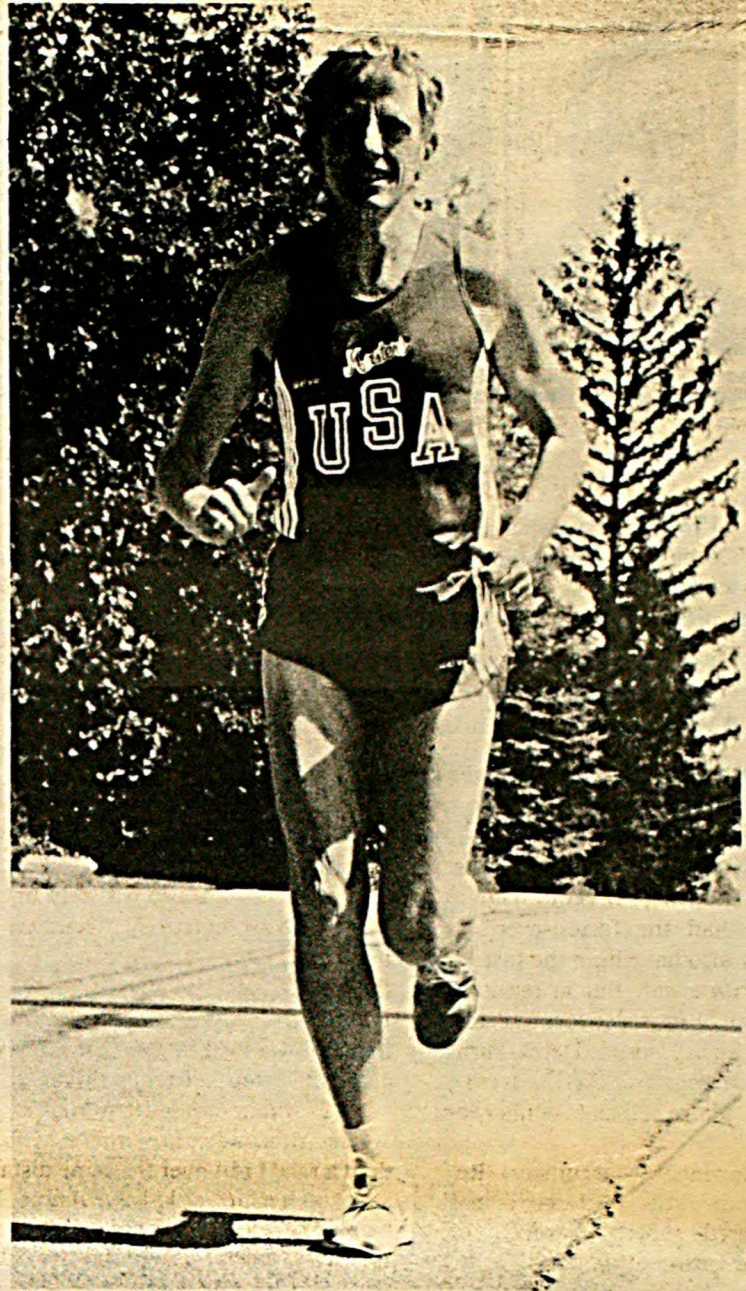
Masters Running Guide

By Hal Higdon

What motivates masters athletes? Hal Higdon, Senior Writer for *Runner's World*, claims it is not fitness.

"Older athletes compete for reasons that go well beyond fitness," writes Higdon in the MASTERS RUNNING GUIDE. "We want to run and jump and throw better. We're interested in *performance!*"

Now Higdon reveals the tips that helped him win three world championships in masters competition. Just published by *National Masters News*, the MASTERS RUNNING GUIDE reveals what you need to know to become a better runner. Send for your copy now: only \$10.95, including postage. It may be the best buy you make this year as a masters athlete.



Here is what you can expect in MASTERS RUNNING GUIDE:

1. **Masters of Their Fates:** The masters movement from the beginning.
 2. **How Safe Are Senior Sports?** Pros and cons of sports for those over 40.
 3. **Base Fitness:** How much exercise do you need to keep in shape?
 4. **Beginnings:** The first steps to becoming a masters athlete.
 5. **Improving With Age:** How to get better: establishing and breaking personal records.
 6. **Training Smart:** Advice for the intelligent runner who wants to maximize potential.
 7. **Secrets of the Masters:** Eight world-champion athletes and how they train.
 8. **Maintaining Mobility:** Al Sheahen considers this very original and important advice.
 9. **Minimizing Injury:** Avoiding down time as an athlete: how to determine your red line.
 10. **Motivation:** Keeping it up for the long run.
 11. **A Masters Diet:** What foods are best for masters athletes? Modifying your diet to gain energy.
 12. **Increasing Your Youthspan:** How masters runners can live forever.
 13. **A Gathering of Greyhounds:** The 1989 World Veterans Championships in Eugene, Oregon.
- Appendix:** Sources and information helpful to masters.

**Buying this book
may be the best
move you make
during the
1990 season.**

Yes! I want to order _____ copies of Hal Higdon's new work, MASTERS RUNNING GUIDE. Please send to:

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Address _____

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Send \$10.95 (includes mailing charges) to:
NATIONAL MASTERS NEWS, P.O. Box 2372, Van Nuys, CA 91404



Pagliano's Podiatric Pointers

THE FOOT BEAT

by JOHN W. PAGLIANO, D.P.M.

Hamstring Strain

Q I'm 55 and run an average of six miles per day. My hamstrings hurt whenever I do fast running or extra-long runs. I do stretches as recommended by a physical therapist, plus some quadricep strengthening, but I still have the problem. What can you recommend?

A Hamstring strains and stiffness seem to come with age. Most of the 50-year-old runners I know, including myself, suffer from tight hamstrings. We all stretch but it doesn't seem to help.

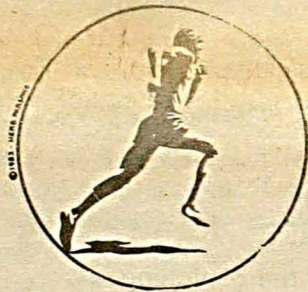
We are trying to find a new regimen which includes less stretching to lessen irritation, and walking a half-mile prior to the workout or running program.

We have added calcium, potassium and magnesium to the diet, all of which

seem to help.

A switch to a high heel shoe with a good midsole (such as the NB 996 or 997) is very helpful. Also, hot, moist soaks twice a day will help by bringing blood to the area.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 2372, Van Nuys, CA 91404.)



King Sets World 400 Record

San Diego's James King set a new world masters indoor 400-meter record of 50.64 in the Vitalis-Meadowlands meet in New Jersey, February 9. He broke the previous standard of 51.20, set by Michigan's Lamar Miller last year. Also going under the old-mark was Kentucky's Fred Sowerby in 50.79. New Jersey's Ken Brinker was third in 52.29.

The Meadowlands Meet also staged two masters 1600-meter relay races and a 50+ mile. The Shore AC took the 40-49 relay in 3:40.27, while the Potomac Valley Seniors won the 50+ in 3:53.95.

In the 50+ mile, Willie Kay sped to a 4:46.3, four seconds ahead of fellow New Yorker Sid Howard. □

Stewart Sets World Indoor Masters Mile Record

Continued from page 1

Almberg in the straightaway Fifth Avenue Mile in New York City last fall, is the Canadian outdoor masters mile record-holder with a 4:13.52 effort.

Millrose Mile

Stewart said he found confidence for his Meadowlands victory from his win on February 2 at the Millrose Games. In that race, he clocked 4:16.48 to defeat Washington state's Larry Almberg (4:17.36), Waigwa (4:17.59), Dan Frye (4:21.30), Boit (4:23.43) and others.

The Millrose event was the first of three masters miles sponsored by *Runner's World* magazine in a hectic, nine-day period. Marc Bloom, who put the

fields together, said he was heartened by the fact that lesser-known runners emerged and took control when more celebrated athletes were not in peak form.

On February 4, two days after the Millrose, Almberg showed the way at the Mobil One Meet in Fairfax, Va., a suburb of Washington, D.C. He held off Boit, the bronze medalist in the 1972 Olympic 800, to win in the

Continued on page 27

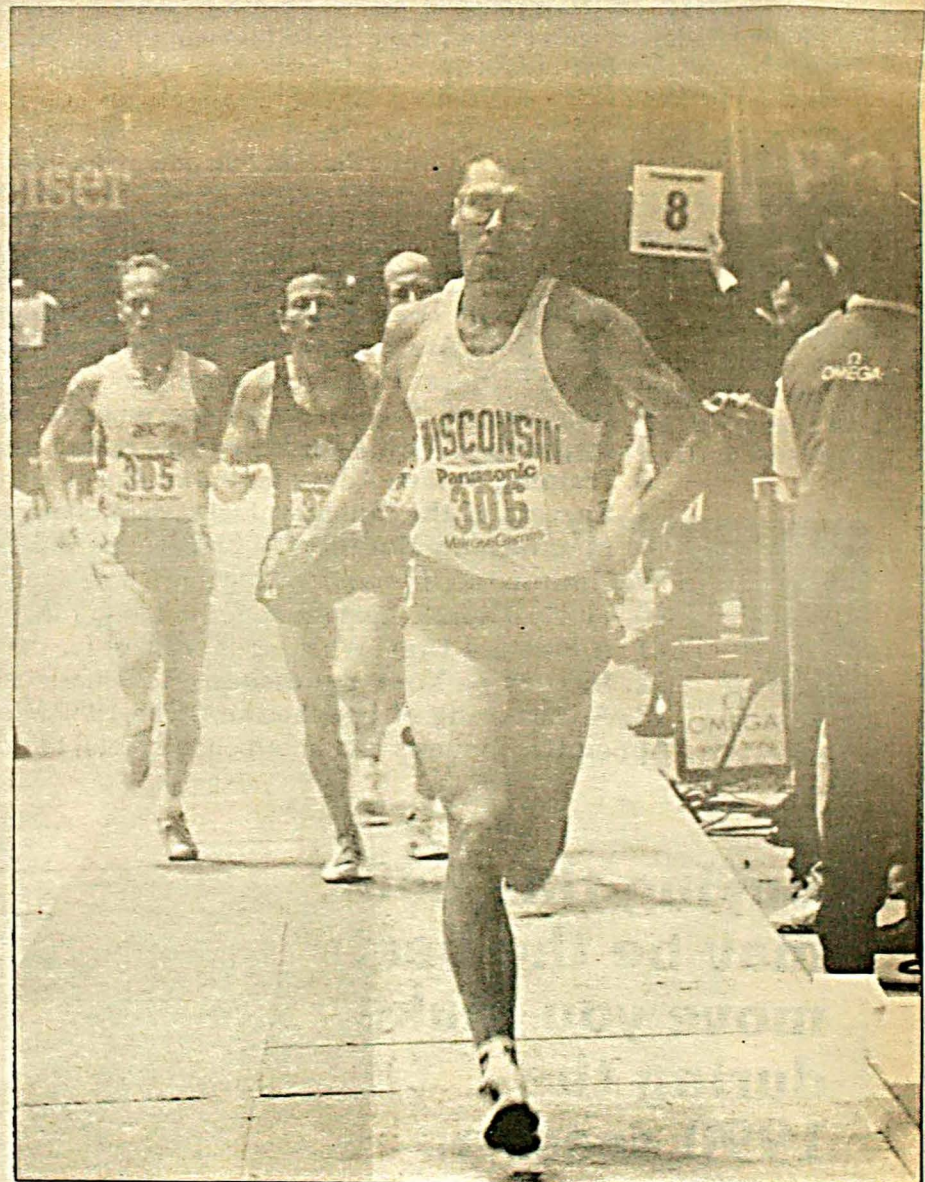
Top Masters Miles (Indoors)

1	4:15.47	Dave Stewart	CAN	1990
2	4:15.48	Mike Boit	KEN	1989
3	4:16.39	Byron Dyce	FL	1989
4	4:16.48	Dave Stewart	CAN	1990
5	4:17.36	Larry Almberg	WA	1990
6	4:17.59	Wilson Waigwa	KEN	1990
7	4:17.69	Larry Almberg	WA	1990
8	4:17.88	Ron Bell	GBR	1989
9	4:18.02	Mike Boit	KEN	1990
10	4:18.07	Mike Boit	KEN	1989
11	4:18.25	Albin Swenson	CT	1987
12	4:18.26	Mike Boit	KEN	1990
13	4:18.65	Tracy Smith	CA	1987
14	4:18.75	Albin Swenson	CT	1987
15	4:19.05	Wilson Waigwa	KEN	1990
16	4:19.3	Albin Swenson	CT	1988
17	4:19.61	Byron Dyce	FL	1990
18	4:19.98	Ken Sparks	OH	1989
19	4:20.00	Tracy Smith	CA	1987
20	4:20.30	Dan Frye	MA	1990

p = pending

Top Masters Miles (Outdoors)

1	4:05.39p	Wilson Waigwa	KEN	1989
2	4:07.4	Wilson Waigwa	KEN	1989
3	4:08.23	Wilson Waigwa	KEN	1989
4	4:11.8	Wilson Waigwa	KEN	1989
5	4:12.56	Tony Murray	AUS	1988
6	4:12.58	Ron Bell	GBR	1988
7	4:13.50	Duncan McDon'd	HI	1989
8	4:13.52	Dave Stewart	CAN	1989
9	4:13.78	Byron Dyce	FL	1988
10	4:13.83	Dan Frye	MA	1989
11	4:13.87	Mike Boit	KEN	1989



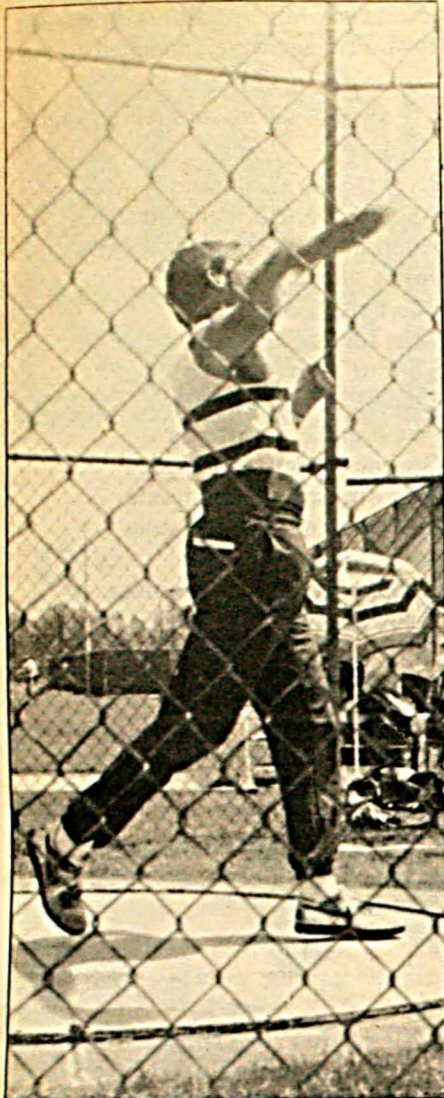
Mark Winzenried, making his masters debut, takes the field through a 63-second quarter in the Millrose Games Masters Mile. That's Larry Almberg (305), who finished second, on the outside; and Dan Frye (in black) who was fourth.

Photo by David Zinman



W35 American record holder Janet Wilson of the Southern California Striders shows her winning form with this 140-7 discus throw at the Striders Meet of Champions in Long Beach, Calif.

Photo by Abe Sheinker



1968 Olympian Gary Carlsen began his comeback at the Southern California Striders Meet of Champions in Long Beach, Ca., with a 155-10 throw to win the M40 discus.
Photo by Abe Sheinker

1989 Outdoor Track & Field Rankings

by JERRY WOJCIK, TAC National Masters T&F Rankings Coordinator

The first of the 1989 preliminary outdoor track and field rankings appear in this issue. More extensive lists (over 100-deep in the sprints, for instance) will be published in the 1989

U.S. Masters Track & Field Rankings book, scheduled for publication by the end of May. The book will include some events, such as the relays, which will not appear in the NMN.

In addition to the indoor rankings for 1989, rankings for some indoor

events in 1990, including the mile, will be published in the NMN after the season.

Those interested in compiling rankings for either the indoor or outdoor seasons are urged to contact me through the NMN as soon as possible.

□

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records Men's and women's world and U.S. age bests for all track & field events, age 35 and up; and for all race-walking events, age 40 and up, as of Oct. 31, 1988. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$2.00.	\$ _____
_____	Masters Track & Field Rankings Men's and women's 1988 U.S. outdoor track & field, 5-year age-group rankings. 44 pages. Over 100-deep in some events. All T&F events, including 3000, 10,000, weight, relays, 1500 walk, and 5000 walk. Coordinated by Jerry Wojcik, TAC Masters T&F Rankings Chairman, and the National Masters News. \$2.95	\$ _____
_____	Masters Age-Graded Tables Single-age factors and standards from age 21 to 90 for men and women for every common track & field, long distance running, and race-walking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 66 pages, including samples and charts. Compiled by the National Masters News and the World Association of Veteran Athletes. Includes world and U.S. 5-year age-group records, as of May 1, 1989. \$5.95.	\$ _____
_____	Masters 5-Year Age-Group Records Men's and women's official world and U.S. Outdoor and Indoor 5-year age-group records for all track & field events, age 35 and up, as of June 1, 1989. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and TAC Masters T&F Records Chairman. \$1.50.	\$ _____
_____	Competition Rules for Athletics (1989-1990) U.S. rules of competition for men and women for track & field, long distance running and race walking — youth, open and masters. \$9.95.	\$ _____
_____	TAC/USA Directory (1989) Includes TAC By-Laws and operating regulations, as well as listings of National officers and staff, Board of Directors, sports committees, administrative committees, and TAC associations. \$9.95.	\$ _____
_____	IAAF Scoring Tables (1985) Official world scoring tables for men's and women's combined-event competitions. \$11.95.	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1990. Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 700 contact addresses and phone numbers, calendar and contacts for over 250 prize-money events, plus much more. \$39.00.	\$ _____
_____	TAC/USA Patches. Embroidered, 4" x 3". \$2.50	\$ _____
_____	U.S. Track and Field Team Patches. Embroidered, 4" x 2". \$2.50	\$ _____
_____	U.S. Track and Field Team Lapel Pins. Cloissone enamel, 1 1/2" x 5/8", bar pin with safety catch. \$5.00.	\$ _____
_____	Back Issues of National Masters News Issues: _____, _____, _____ \$2.25.	\$ _____
	Postage and handling	\$ 1.00
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

Send to: National Masters News Order Dept.
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CLASSIFIEDS

Classified ad rates are 60c a word. Count name and address as 5 words. Race notices are 40c per word. Prepayment required with copy. Deadline is the 10th of the month prior to issue date. Send to NMN, PO Box 2372, Van Nuys, CA 91404

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ATTENTION RACEWALKERS:

White nylon jackets with red & blue sleeve panels with word "Racewalker", waistband with words "American Racewalk Association", \$68.00 plus \$3.00 shipping USA. Contact Pam Hahler, 5090 West 6th Ave., Denver, CO. 80204, (303) 936-1576.

FIVE YEAR RACE RECORD: a 22" x 29" chart to show your road race, distance and time for every weekend for 1990-1994. \$3.95 pp check or M.O. Also available for previous 5-year periods. Vernon Geary, 2343 Benders Drive, Bath, Pa. 18014.

Javelins Closeout. Old rule. Sandvik, Held. Sandvik 60m: \$50; Sandvik 80m: \$80, etc. Call for more info. (415) 493-4045.

Phoenix Track Club 1990 Spring Masters Series. March 18, April 8 and April 29. Phoenix Central High School. New all-weather facility. Greg Hull, 1528 E. Bethany Home Rd., Phoenix AZ 85014. 602-230-8346.



MASTERS TRACK & FIELD REPORT

by BARBARA KOUSKY
Chairman, TAC Masters Track & Field Committee

Appointments Complete

Appointments to the Masters Track and Field Committee are now complete. I am looking forward to working with the men and women who agreed to serve on the Committee.

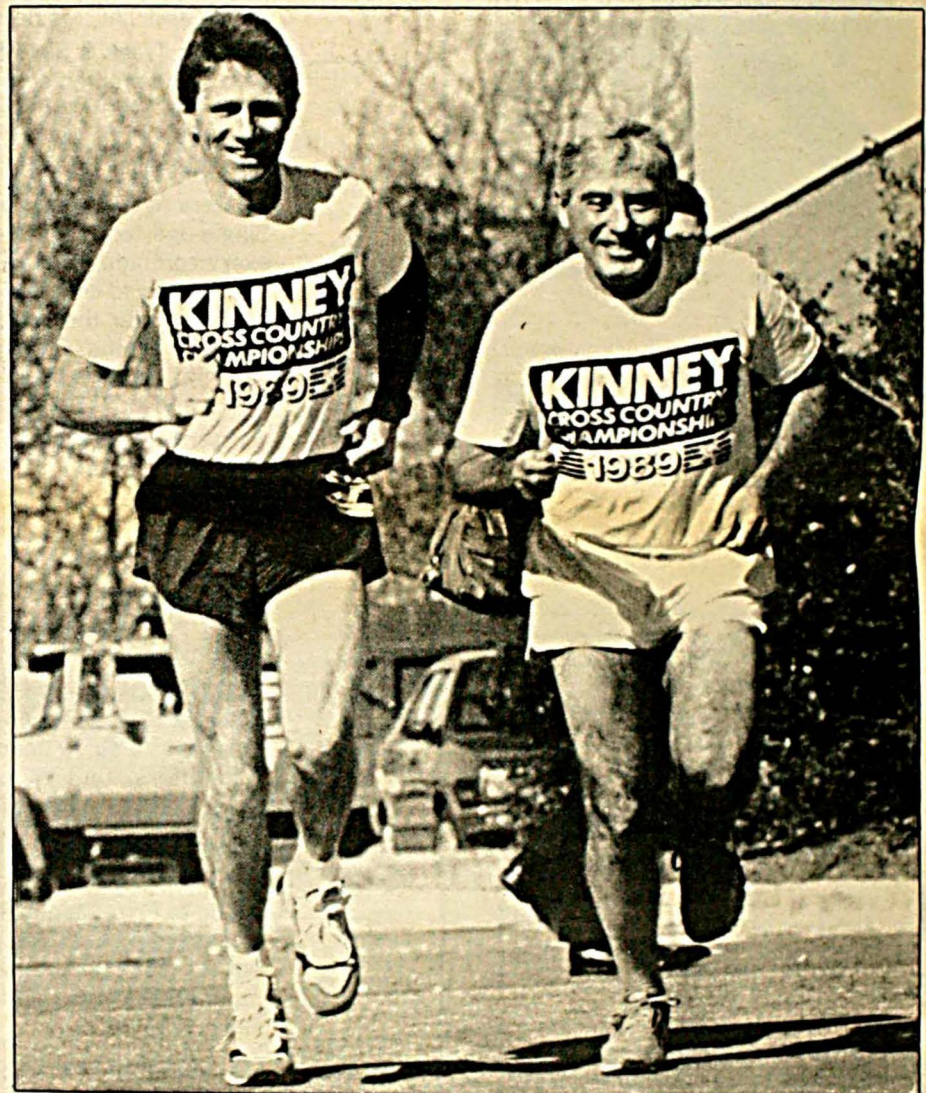
The position of Secretary/Treasurer has been split. Marilyn Mitchell of New York will serve as Secretary and Al Sheahen will continue as Treasurer. Dividing the position allows for additional input and will give Al the opportunity to have a more flexible schedule during the Convention. He will be able to participate more in the Masters LDR and sub-committee meetings and cover the Convention in his capacity as Editor and Publisher of the National Masters News.

Christel Miller has been reappointed as Women's Coordinator to the Masters Track and Field Committee. She agreed to serve in that capacity until an election can be held for that position. I was very pleased to have several women indicate an interest to serve as Women's Coordinator. With the increase in interest, I feel it is important for the women masters to be involved in the selection process of their representative.

Josh Culbreath from Ohio; Rex Harvey, Iowa; Gary Miller, California; Marilyn Mitchell, New York; and Joan Stratton, Pennsylvania; were appointed to At-Large Positions on the Committee.

The following people have been appointed to serve as the masters representative to the following committees:

- | | |
|--------------------------------|------------------------------|
| TAC Board of Directors | Jerry Donley, Colorado |
| Association Officers Committee | Andrew McNeill, Pennsylvania |
| Budget and Audit | Al Sheahen, California |
| Equipment | Josh Culbreath, Ohio |
| Law & Legislation | Bob Fine, Florida |
| Marketing & Media | Tom Jordan, Oregon |
| Membership | Sanford Kalb, New Jersey |
| Officials | Sandy Pashkin, New York |
| Records | Pete Mundle, California |
| Rules | Graeme Shirley, California |
| Medical Services | Joan Stratton, Pennsylvania |
| Sports Sciences | Joan Stratton, Pennsylvania |
| Athletics Business Standards | Jerry Donley, Colorado |
| Awards, Logos, and Medals | Barbara Stewart, Connecticut |
| Coaching Education | Sandy Pashkin, New York |



Jim Beatty (r), the first person in the world to run under 4:00 for the indoor mile, and Eamonn Coghlan, the first person to run under 3:50 for an indoor mile, got together Nov. 25 to promote the Kinney Cross Country Meet in Charlotte, N. Caro.
Photo by Pam Brackett

600 to Compete in Nationals

Continued from page 1




National Championship medals will be awarded in each event for each five-year age group for both men and women from age 30-34 to 95+. There are no qualifying standards to the meet, except to be at least age 30.

Early registration deadline is March 1. Regular registration must be postmarked by March 14. No entries will be accepted that are postmarked March 15 or later. The official entry form was published in the January and February issues of NMN.

Last year's meet drew 658 entrants to Columbus, Ohio.

Meet organizers have lined up low-cost hotel rates at the meet headquarters Best Western The Inn Towner (\$50) and at five other hotels.

There will be a general meeting at the Best Western after Saturday's competition. Barbara Kousky, TAC National Masters T&F Chairman, will hold discussion on future championship sites and the masters program in general. Everyone is invited to attend. □

FLORIDA ATHLETIC CLUB - GREENACRES CITY
MASTERS TRACK & FIELD CHAMPIONSHIP

5:00 P.M. SATURDAY APRIL 21, 1990
JOHN I. LEONARD HIGH SCHOOL, LAKE WORTH, FLORIDA

AWARDS: FIRST THREE MEN & WOMEN IN EACH FIVE YEAR GROUPING FROM AGES 30 TO 75+

FEES: \$10.00 FIRST EVENT; \$5.00 EACH ADDITIONAL EVENT.

LATE ENTRIES: ENTRIES RECEIVED AFTER APRIL 18, WILL HAVE A \$5.00 TOTAL SURCHARGE. PLEASE PRE-ENTER. THE MEET DIRECTOR HAS THE RIGHT TO REFUSE ANY POST ENTRY.

T-SHIRTS TO THE FIRST 200 ENTRANTS

THIS MEET IS SANCTIONED BY THE FLORIDA ATHLETIC CONGRESS. TAC RULES & IMPLIMENT REQUIREMENTS WILL BE FOLLOWED. ALL MEASUREMENTS WILL BE IN METERS. AGE GROUPS MAY BE COMBINED FOR SCHEDULING PURPOSES, ALTHOUGH SEPERATE AWARDS WILL BE GIVEN TO EACH GROUP. SEEDDED SECTIONS AS FINALS MAY BE USED. FIELD EVENT COMPETITORS WILL BE LIMITED TO FOUR THROWS OR JUMPS.

FIELD EVENTS: ALL FIELD EVENT COMPETITORS ARE TO REPORT AT 4:30 P.M. YOU WILL BE ASSIGNED TO FLIGHTS BASED ON AGE & SEX. THE FOLLOWING FIELD EVENTS WILL BE HELD: LONG JUMP, TRIPLE JUMP, HIGH JUMP, SHOT PUT, DISCUS, HAMMER, POLE VAULT, JAVELIN.

TRACK EVENTS: THE ORDER WILL BE YOUNGEST TO OLDEST - MEN TO WOMEN. THE FIRST RUNNING EVENT WILL START AT 5:00 P.M. STARTING TIMES FOR SUBSEQUENT EVENTS CAN NOT BE LISTED AS THE NUMBER OF PARTICIPANTS IN EACH EVENT WILL NOT BE KNOWN UNTIL THE MEET STARTS. DURING THE MEET ESTIMATED STARTING TIMES WILL BE GIVEN.

HIGH HURDLES - 800 - 5K WALK - 100 - 5K RUN - 400 - 1500 - 200

REDUCED AIR FARES

BY ARRANGEMENT WITH THE FLORIDA ATHLETIC CONGRESS, EASTERN/CONTINENTAL AIRLINES WILL PROVIDE SUBSTANTIALLY REDUCED AIRFARES. PHONE THEIR CONVENTION DESK AT THEIR EASY ACCESS NUMBER 1-800-468-7022. GIVE THEM THE FLORIDA ATHLETIC CONGRESS EASY ACCESS NUMBER EZ14TP10. PLEASE HAVE THEM CREDIT YOUR TICKET TO THE FLORIDA ATHLETIC CLUB MEET.

DIRECTIONS: I-95 TO LAKE WORTH, 10TH AVE. EXIT. GO WEST ABOUT 3 MILES. PAST MILITARY TRAIL A FEW BLOCKS ON YOUR RIGHT IS THE SCHOOL.

NAME: _____ ADDRESS: _____
CITY: _____ ZIP _____ STATE _____ PHONE (____) _____
SEX: M _____ F _____ AGE: _____ BIRTHDAY: _____ CLUB: _____

EVENT(S) _____
(PLEASE INDICATE ESTIMATED TIMES FOR ALL TRACK EVENTS)

I CERTIFY THAT I AM IN GOOD HEALTH, PROPERLY TRAINED & PHYSICALLY CAPABLE OF COMPETING IN THIS MEET. I HOLD HARMLESS THE GREENACRES CITY, THE FLORIDA ATHLETIC CLUB, THE FLORIDA ATHLETIC CONGRESS, & PALM BEACH COUNTY & JOHN I. LEONARD HIGH SCHOOL, FOR ANY INJURIES I MAY SUSTAIN.

SIGNATURE: _____ DATE: _____ \$10 FIRST EVENT, \$5 EACH ADDITIONAL EVENT. MAKE CHECKS PAYALBE TO: FAC.
MAIL TO: FAC, 4223 PALM FOREST DR. N., DELRAY BEACH, FL 33445



**MASTERS
ATHLETE
OF THE
MONTH**

Dave Stewart

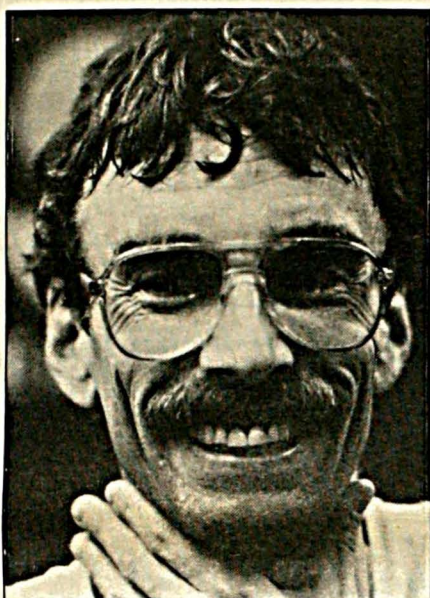
Beginning this month, ICI Americas, Inc. will sponsor a Masters Athlete-of-the-Month. The winner will receive \$100 and will be announced each month in the National Masters News.

The athlete will be chosen by NMN and its team of advisors on the basis of his or her performances during the past 30 days. The nominee could be a track & field athlete, a long distance runner or a race walker — from any age from 40 through 99. Consideration will be given to top age-graded performances, world or U.S. records set, outstanding efforts in major events, etc.

ICI is one of the leading chemical companies in the world. It sponsored the successful ICI/USRA Masters Circuit in 1988-89, which culminated with the dramatic TAC National Grand Masters Championship 8K in Naples, Fla., January 13.

The first winner of the monthly award is Dave Stewart, a 41-year-old government worker in the solicitor-general's office in Ottawa, Ontario.

Stewart won two of the three *Runner's World* Masters Miles over some



Dave Stewart, after winning the Masters Mile in the Millrose Games. Photo by David Zinman

of the top masters middle-distance runners in the world.

In the Panasonic Millrose Games at New York's Madison Square Garden on February 2, he clocked a winning 4:16.48. He skipped the Mobil One Masters Mile in Fairfax, Va., on February 4. Then, on February 9, he set a new world indoor masters mile record of 4:15.47, clipping .01 off Mike Boit's year-old mark of 4:15.48, and defeating such masters luminaries as Larry Almborg, Wilson Waigwa, Dan Frye, Boit, Ron Bell, Byron Dyce, and Harry Nolan.

Congratulations to Dave Stewart — the ICI Masters Athlete-of-the-month. □



Joe Merritt of the Bradenton RC, director of track events, NCNB Gulf Coast Senior Olympics, Bradenton, Fla., November 18.

Photo by Jerry Wojcik




Ten Years Ago



March, 1980


- Penn Mutual Life Insurance Co. to Spend \$350,000 on Masters Sports; Bill Toomey Named Director
- National Running Data Center Compiles Statistics for Masters LDR. □



**GOODWILL
GAMES
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You are invited to lace up  against an elite field of the 's best runners in this country's most exciting international  on July 21 & 22, 1990, in Seattle, Washington.

The  Goodwill Games is history's largest sports and cultural exchange between the  and the Soviet Union.

Out of **21** sports the marathon is the only event open for public participation and will be  live to one billion homes worldwide. There is no limit on the number of entrants and no qualifying times are necessary.

's race - Sat., July 21; 's race - Sun., July 22. Both races start at 7:00 a.m.

For entries send return mailing address and 50¢ (U.S.) postage to: Marathon Office, 101 Elliott Avenue West, Suite 430, Seattle, WA 98119, or call 206/282-5565.

To receive general Goodwill Games information, please call 206/554-1990.

USWEST is the official Seattle Organizing Committee sponsor of the 1990 Goodwill Games Marathon.



Racewalking with John Elwarner

by ELAINE WARD

John Elwarner of Sterling Heights, Michigan is one of the top M60 race walkers in the world. At the World Veterans Championships in Eugene, he competed in the 45-49 division, placing 4th in the 20K in 1:44:08, and 6th in the 5K in 24:22. He walked 5K in 23:50 on January 28 to win the men's 50+ award in the Super Sunday race in Redondo Beach, Calif. The following interview reveals how one top masters walker succeeds.

EW: How do you keep up your speed during the cold Michigan winters?

JE: I train around the perimeter of a lakeside mall. It's a 1½ mile asphalt path and they keep it salted and clear for the mall traffic. I do my speed workouts there.

EW: Do you have to protect your mouth and nose from the cold?

JE: If it's under 10 below, I go inside; otherwise, I train outside — even if the chill factor is 40 below.

EW: What is your typical workout?

JE: During the winter, I walk 30 miles a week and, when it gets warmer, 40 miles. Two days a week, I do 10 to

12 one-kilometer repeats with a 3-minute recovery. Another two days, I do 6 to 7-mile walks at a 9:00 to 9:30 pace. Then I run easy for 8-9 miles, once a week. I don't need that much mileage.

EW: Were you a runner before you were a race walker?

JE: I ran a 2:38:03 marathon in 1969 when I was 29. But then my knee started going numb. It would lock up when I was running and, after about one or two miles, I was through.

EW: Is that when you started racewalking?

JE: I saw an article by Frank Alongi and started attending his classes twice a

week in 1985. I did this for two years, but for the last three, I've been on my own.

EW: What races are you training for now?

JE: The Indoor Nationals in Madison and the Outdoor Nationals in Indianapolis. I'd like to walk a 14:30 in the Indoor 3K and I'm thinking of walking the 10K rather than the 20K in

the Outdoor Nationals unless they have teams.

EW: Then you aim to break through at Indianapolis?

JE: I hope so.

EW: Do you find that your age affects you much?

JE: Right now, I don't see any problems with my age. I seem to be getting faster? □

1989 Postal Racewalk Draws 274

by DON HENRY

The Shore AC's 1989 One-Hour Postal Racewalk drew 274 participants, including 111 masters men and 60 masters women.

Outstanding masters performances were led by Californians Larry Walker and Jo Ann Nedelco — TAC's Masters Racewalkers-of-the-Year in 1989.

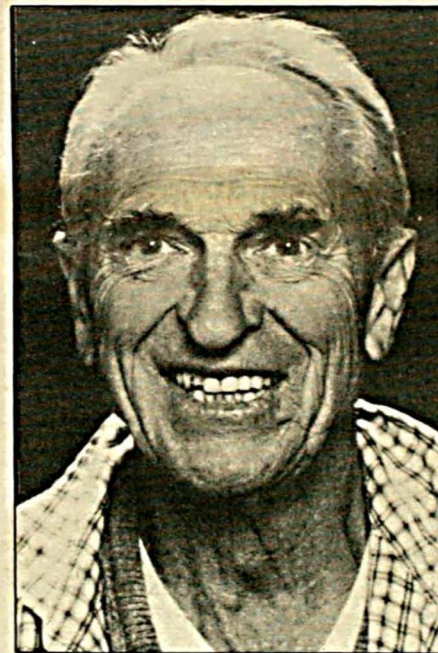
Walker, 46, walked 13,248 meters (eight miles, 408 yards), while Nedelco set a new age-46 national record by

covering 11,278 meters (seven miles, 14 yards).

Masters team medals were awarded in 10-year age-groups, with the New England Walkers edging Potomac Valley, 33,806 to 33,503.

The event should see continued explosive growth and I encourage all walkers to participate. I'm turning the coordination of this event over to Gerry Kiss of the Shore AC. Contact him at 18 Rutland Place, Eatontown, NJ 07724. 201/542-1779. □

Write On Continued from page 4



Don Pierotti

at Pomona College in the 1930s. At age 69, he took up throwing weights and competed in the World Games in Puerto Rico and Eugene. Don was loved for his friendly attitude in competition as well as his famous home-baked cakes that he brought to each masters meet for any competitor who desired nutrition refreshments to enhance his throws. We've all lost a fine friend.

*Bill Bangert
Corona del Mar, California*

RACEWALKING RULES

I have a third option to offer in reply to Connor Johnston's suggestion that the straight-knees rule be reviewed and Bob Jordan's insistence that the rule be maintained.

It seems to me that the 82-year-old Johnston does walk with straight legs — straight for him. Some walkers have

knee joints that bow backward. Some naturally lock in an up-and-down straightness. Some have injuries or disabilities that alter the typical straightness of the leg.

Why not ask for medical proof at the time of entry and issue a colored ribbon to the disabled walker to identify him or her to the judges. The ribbon could be pinned on the problem side of the body.

I'm for encouraging walkers of all ages and abilities. Why drive them away from racewalking. Who knows? Our rigidity could eventually earn one of us a permanent DQ from the sport we love.

*Donna Kennedy
Riverside, California*

I propose staging a non-competitive walking event for anyone attending WAVA Championships — especially those who want to participate but are unable (due to physical infirmities or lack of skill) to racewalk in competition.

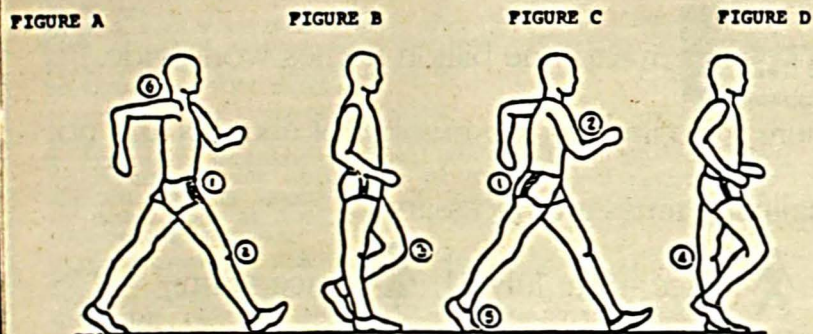
I judged the men's 5000-meter walks in Eugene, and it broke my heart to disqualify some of the age 80+ participants, some of whom I knew as bona fide competitors years ago.

Also, it seems that people who want to enter something — sometimes as first-time participants — are attracted to the race walks and the marathon.

*Beverly LaVeck
TAC Masters Race Walk Coordinator
Seattle*

■ The letters column is an open forum for all viewpoints on subjects of general interest to our readers. Letters should be addressed to: Write On, NMN, P.O. Box 2372, Van Nuys, CA 91404. They should be kept as brief as possible and are subject to condensation. They must include a signature and a valid mailing address.

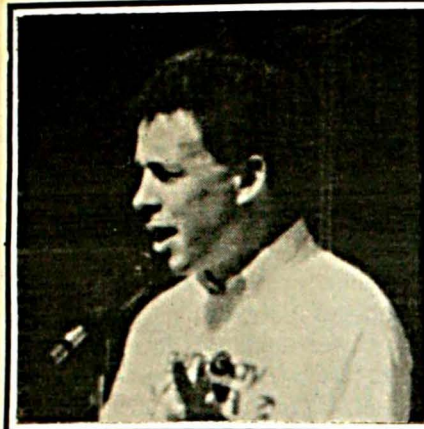
RACEWALKING TECHNIQUE



1. HIPS MOVE FORWARD WITH HEEL STRIKE AND MOVE BACKWARDS AS TOES PUSH GROUND BACK; TO INCREASE STRIDE LENGTH NOTE HOW STRIPE ON SIDE OF SHORTS MOVES FROM FRONT TO REAR (FIGURES A AND C)
2. ARMS BENT AT A 90 DEGREE ANGLE, HANDS SWING BACK BEHIND WAIST AND FORWARD TO 8 TO 10 INCHES IN FRONT OF MIDDLE OF THE CHEST. DO NOT CROSS ARMS.
3. KNEE BENDS AS LEG SWINGS FORWARD.
4. KNEE STRAIGHTENS AS HEEL CONTACTS GROUND (FIGURE A) KNEE STRAIGHT IN SUPPORT POSITION (FIGURE D).
5. TOES AND CALF MUSCLES PUSH BODY FORWARD. FEET LAND ON A STRAIGHT LINE WITH TOES POINTED DIRECTLY FORWARD. (FIGURE A AND C).
6. KEEP NECK AND SHOULDERS RELAXED, KEEP HEAD UP AND EYES FORWARD.



Courtesy Florida Race Walkers



The Director's Corner

by DEAN REINKE

3rd Time's a Charm for USRA Masters Circuit

While the accolades continue to roll in from the Naples USRA Masters Circuit National Championship and the Circuit's second season, it is not the time to rest on our laurels. With the sport of masters running now virtually a year-round season, there's little time to rest as we have been working feverishly lining up events and sponsors for the coming year. With "opening day" this month at the Nissan Shamrock 8K in Virginia Beach and the second event just a week later at beautiful Myrtle Beach, a few updates are in order as the enthusiasm builds for the 3rd season of the USRA Masters Circuit.

Circuit format: "If it ain't broke, don't fix it" is the 1990 season's theme as the athletes appear to heartily endorse the current USRA Masters Circuit format. Runner's will again compete in 14, 5-year age groups through 70 years and over. Winners will be determined at season's end from totals of their 5 "best" finishes, with scoring again on a 1st thru 10th basis with first place = 10 points, second = 9, third = 8 etc. thru 10th = 1 point. The number of events on the Circuit will likely increase to 25 with an emphasis on trying to obtain more west coast participation. The goal is to have a geographically balanced distribution of events so any athlete can reasonably travel to a minimum of five circuit events.

Prize Purse: The USRA Masters Circuit is committed to having the largest "circuit purse" in running, both open and masters. The ARRA circuit, in its 9th year, offers a \$12,000 grand prix purse, while the USRA's purse has been greater than this the past two years and Circuit officials have guaranteed it will continue to be higher.

There has also been considerable interest in the Sorbothane Age-Graded Rankings program, launched last year. Sorbothane is close to an agreement with Circuit officials to continue supporting the popular program. The USRA Masters Circuit will definitely not switch to awarding its prize purse entirely to an age-graded basis, as has been suggested by some athletes. The USRA supports the concept and hopes to see its acceptance grow in 1990.

Sponsors: Circuit representatives were recently in Japan to meet with Japanese companies interested in U.S. running. With the Japanese interested in the World Veterans Games movement, the successful USRA Circuit is certainly a natural. The Circuit is still committed to international expansion with not only Japan, but Canada,

Australia and Great Britain among the possibilities.

But unlike the past two seasons, it appears that final sponsor agreements will not be complete until the season is underway but Circuit officials are enthusiastic about the interest from sponsors.

Events: At press time a number of USRA Masters Circuit events confirmations were being finalized so we hope to present a more complete schedule next month. Joining Nissan Shamrock 8K and the Myrtle Beach Classic 10K for certain, are the Hospital Hill Half Marathon in Kansas City (June 3), Utica Boilermaker 15K (July 8), Crim Road Race 10 Mile (August 25), Myriad Gardens 10K (October 6) and Charlotte Observer 10K (January 5). There is still time for events that have not had contact with the Circuit to apply through the USRA Masters Circuit office in Florida at (407) 647-2918.

USRA Masters Circuit Happenings...

The 1989 cancelled Colonial Half-Marathon may make a return to the calendar in 1990... Frank Shorter has re-signed with Sorbothane as a spokesperson and will continue to appear in their ads... Lydico, the New Zealand-based shoe company with Rod Dixon as its spokesperson, has delayed its U.S. introduction until the fall of 1990... Despite a disappointing dnf at the Commonwealth Games, don't totally count Kiwi John Campbell out on the U.S. roads in '90. He is still contemplating a move to Youngstown, Ohio with his wife and is looking at a defense of his LA-NY double... Alamo will expand its "Alumni Run" to Denver and Los Angeles in 1990, but still no prize money... Jacksonville River Run offering \$2400 in Masters money March 10 - we need more race directors like Jacksonville's Doug Alred, himself an accomplished master... Cooper River Bridge Run in Charleston, SC one of April's best with a \$1200 masters purse... Hopefully Crescent City Classic in New Orleans has received word that Joseph "no I.D." Nzau is officially 37 when it comes time to divvy up its \$3500 masters purse... How about the

unknown Englishman who slipped in to a low-key Orlando Road race and ran 15:04 for 5K? It won't be the last time this year we hear of stellar performances from the "just turned 40 ranks"... Keep an eye on the May 28 new Charleston (WV) Marathon, with former Distance Run chairman Tony Gallo as director... The Mountaineer State keeps

rolling with the April 22 Cabell Hospital Run in Huntington, Elby's in May, Thomas Memorial Run in July, Parkersburg Half in August and the Distance Run Labor Day weekend... First Bank of Minneapolis has pulled the plug on its \$150,000 sponsorship at Twin Cities while Pillsbury remains uncommitted for '90...□

1989 Masters Prize Money Awards (thru 11 January 1990)

\$84,700	John Campbell (NZL)	\$29,080	Priscilla Welch (CO/GBR)
16,425	Bob Schlauf (SC)	15,495	Ngaire Drake (NZL)
11,500	Mario Cuevas (MEX)	15,200	Gabrielle Andersen (ID)
9,626	Victor Mora (COL)	10,550	Jane Hutchison (MO)
9,460	Bill Rodgers (MA)	7,550	Angela Hearn (NY/GBR)
8,200	Wilson Waigwa (TX/KEN)	6,150	Judy Greer (FL)
7,840	Ryszard Marczak (POL)	6,100	Cesarina Taroni (ITA)
5,000	Goren Hogberg (SWE)	6,000-N	Evy Palm (SWE)
4,900	Mike Hurd (GBR)	6,000-R	Anne Trigg (FL)
4,900	Kevin Ryan (MA/NZL)	5,918	Mary Wood (CO)
-10-		-10-	
4,750	Jim Pearson (FL)	5,540	Christa Vahlensieck (FRG)
4,225	Dave Stewart (CAN)	5,200	Barbara Filutze (PA)
3,925-N	Bruce Mortenson (MN)	4,950	Karen Macharg (FL)
3,875	Earl Owens (GA)	4,650	Nancy Mieszcza (NY)
3,595	Graham Tattersall (NZL)	4,125	Nancy Oshier (NY)
3,475	John Custy (CO)	3,200-R	Betty Haleen (MN)
2,650-O	Roger Robinson (VA/NZL)	3,100	Heather Matthews (NZL)
2,550	Athol Barton (MD/NZL)	2,500	Claudia Ciavarella (FL)
2,500	Margarito Juarez (IL)	2,100	Jane Buch (OH)
2,400	Carl Nicholson (AL)	2,000	Janice Kreuz (OH)
-20-		-20-	
2,250	Sheldon Cowles (GBR)	2,000	Carolyn Mather (NY)
2,000	Hector Chavez (MEX)	2,000-O	Wen-Shi Yu (NY)
2,000-O	Gaylon Jorgensen (UT)	1,750-N	Harolene Walters (CA)
1,950	David Dropeza (AZ)	1,540	Terry Mahr (OH)
1,875	Wes Wessely (GA)	1,485	Colleen Stephens (AUS)
1,850	Ken Sparks (OH)	1,400	Christine Grenning (NY/GBR)
1,850	Kjell-Erik Stahl (SWE)	1,383	Gail Scott-LeDage (CO)
1,700-P	Norm Green (PA)	1,250-O	Gina Faust (CA)
1,550	Larry Olsen (MA)	1,150-N	Shirley Matson (CA)
1,500	Larry Alberg (WA)	1,150	Maria Quinones (TX)
-30-		-30-	
1,500	Rich Reimer (USA)	1,125	Maureen Bixby (OK)
1,350	John Bednarski (NM)		
1,250	Jack Fultz (MA)		
1,250	Jim O'Neill (OH)		
1,250	Bob Rozeski (OH)		
1,250	Fred Waybright (WV)		
1,150	Steve Lester (UT)		
1,100	Joe Catalano (MA)		
1,020	Jerry Tighe (CAN)		
1,000	Robert Doyle (RI)		
-40-			
1,000	Luis Lopez (CRC)		
1,000	J-Socorro Neri (MEX)		
Men 45 thru 49 (N):		Women 45 thru 49 (N):	
3,925	Bruce Mortenson (MN)	6,000	Evy Palm (SWE)
500	Derck Frechette (NY)	1,750	Harolene Walters (CA)
350	Mike Heffernan (OR)	1,150	Shirley Matson (CA)
180	David Sheridan (CAN)	950	Joan Colman (CA)
100	Robert Stuenkel (OK)	900	Susan Weisbrod (NJ)
Men 50 thru 54 (O):		Women 50 thru 54 (O):	
2,650	Roger Robinson (VA/NZL)	2,000	Wen-Shi Yu (NY)
800	Dan Conway (WI)	1,250	Gina Faust (CA)
550	Douglas MacGregor (NH)	625	Nancy Parker (GA)
450	Jim Larson (FL)	510	Vicky Fegaly (OK)
350	Bill Olrich (KY)	425	Susie Kluttz (NC)
Men 55 thru 59 (P):		Women 55 thru 59 (P):	
1,700	Norm Green (PA)	500	Mary Bonstrom (MN?)
175	Steve Blanchard (OK)	200	Sue Robles (AZ?)
50	Jack Cogot (OH)	75	Nancy White (OH)
25	William Pattison (FL)	50	Norma Phillips (WV)
Men 60 thru 64 (Q):		Women 60 thru 64 (Q):	
2,000	Gaylon Jorgensen (UT)	500	Billie Murphy (WA)
300	Bill Fortune (NY)	300	Margretta Lutz (PA?)
200	Richard Benson (PA?)	200	Adeline Kearney (PA?)
160	Joe O'Brien (GBR)	100	Mary Eliz Norckauer (PA?)
100	Regis Costello (PA?)	100	Rita Tomass'ni (GA)
100	Bo Lynch (GA)		
Men 65 thru 69 (R):		Women 65 thru 69 (R):	
875	Alex Ratelle (MN)	6,000	Anne Trigg (FL)
200	Lloyd Young (MN)	3,200	Betty Haleen (MN)
Men 70 thru 74 (S):		Women 70 thru 74 (S):	
75	Bill Reynolds (OH)	66	Algene Williams (IL)
50	Louis Cinci (WV)		
Men 80 thru 84 (U):			
500	Ed Benham (MD)		

Compiled by the Competitive Road Racer, PO Box 42888, Tucson AZ 85733.

Masters Health and Fitness

by CARL V. FLOWERS II, O.M.D., L.Ac.

Thrower's Elbow

One of the more common injuries to a thrower's arm is Medial Epicondylitis or what I will call Javelin Elbow, as this event seems more commonly affected. In other sports it is called "pitcher's elbow" or "forehand tennis elbow." It is an irritation or tearing of the tendinous connection of the medial or inner epicondyle of the humerus.

This injury is almost always the result of overuse of the elbow and arm. The repetition of the throwing motion forces the joint to open creating stress on the tendons of the flexor pronator muscle group eventually creating a tendonitis condition. As it is an overuse problem it affects older throwers more frequently and men seem to be more affected than women.

Unlike "tennis elbow", where the tenderness is at the outer elbow and

poor mechanics is a frequent cause, javelin elbow can occur in throwers with good mechanics who have simply thrown too much.

As previously mentioned, pain from this injury is located in the medial elbow area and in some instances can also affect the ulnar nerve causing pain to radiate down the arm to the little and ring finger. In very severe cases the bone in the joint can actually chip off creating "joint mice" which could lead

to a locking of the elbow if they become trapped in the joint itself.

Initial treatment as in all overuse injuries is rest and ice for a few days. Acupressure massage is useful on any tender point in the area as well as the elbow point on the hand (located on the outside of the second knuckle of the little finger). Acupuncture is effective to reduce inflammation and increase circulation and reestablish the smooth energy flow through the area.

Homeopathic remedies of use may include: Arnica (initially and especially if there is a bruised feeling); Rhus Tox (if pain is worse on first movement or if there is hot, painful swelling in the joint); Symphytum and/or Ruta Grav (specific remedies for tendons and joints) and Hypericum (when the ulnar nerve is also involved). Remedies may be taken 3-4 tablets, 4-5 times a day initially and as the pain abates space the doses farther apart.

Stretching and strengthening exercise may also be done. Stand with the arm extended in front of you at

shoulder height. To strengthen, let the hand fall toward the floor with fingers pointing down and gently press against the back of the hand to bring it toward you. To stretch these muscles, begin with the arm in the same position except the wrist is up with fingers toward the ceiling and gently pull back against the palms.

Healing times for this injury can be as short as 2-3 weeks in mild cases to over 6 weeks and possible surgery in severe cases with joint mice. As with all injuries, if your self-help measures are not responding in a few weeks, seek the help of a qualified health care professional. □

(Dr. Flowers is a masters long jumper and Acupuncturist practicing in Santa Monica and Irvine, Calif. If you have any questions about musculo-skeletal injuries or suggestions for topics to be addressed in this column, write to Dr. Flowers, National Masters News, Box 2372, Van Nuys, CA 91404.)

Three Records Set in Brown Meet

Jim Gilcrist leaped to a new world indoor M60 high jump record of 5-4½ (1.63m) in the Brown University Masters Meet in Providence, R.I. on January 14, breaking Gordon Siefert's mark of 5-2½ (1.59).

Roger Pierce ran a fast 23.7 to better Ron Taylor's official world indoor M45 record of 24.2 for 200 meters (a 23.5 is pending). Pierce's 6.5 in the 55m dash set an unofficial world M45 best for the distance. Both times were the fastest of the day.

Henry Zachman ran the 800 in 3:44.6 to post an M80 world indoor

best. Al Swenson was a double M40 winner in the mile (4:34.5) and 3000 (8:58.5), while Linda Upton, W45, recorded the best women's time in the 800 with a 2:31.6.

Cliff Blair, national M55 hammer champion in 1987, now in the M60 group, threw the weight 56-2, while Dick Ruquist, (M50, 7:42.6) and Carole Naser (W30, 8:40.0) had the best times in the mile walk.

Gilcrist's effort gave him the best age-graded performance (93.6%) of the meet, with Pierce's 200 second best (91.7%). □

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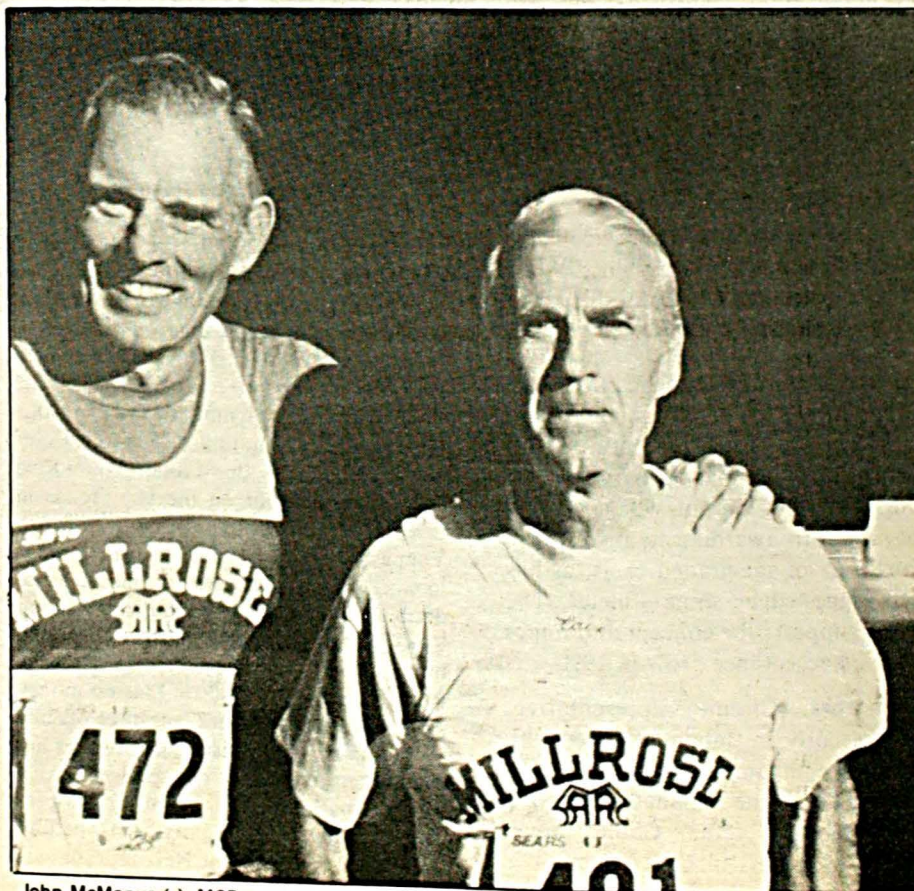
Best of all, your camp experience will take place in an atmosphere of relaxed fellowship and fun, with socializing at neighboring country inns in the evenings, winding up each great day at camp. Join us in Lyndon Center, a classic, picturesque New England Village for an outstanding vacation experience!

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John McManus (r), M65, at the National Masters 10K Championships in Pittsburgh, Pa. McManus crossed the tape in 39:31.
Photo by Sailer, Ltd.

The International Scene

Report on the Survey of Competitors at the WAVA World Championships in Eugene

by ALASTAIR LYNN, Secretary, WAVA

INTRODUCTION

The WAVA Council and the WAVA General Assembly try to manage Veterans' Athletics to the best of their ability. However, the Council felt that input from competitors in the World Veterans Championships in Eugene would be a most useful additional source of information.

It was therefore decided to design a short questionnaire which every competitor in Eugene would receive. 681 completed questionnaires were returned and the comments in this report are based on analysis of these data.

The ideal way to conduct a survey among veteran athletes would be some form of random sampling within each country. The costs and logistics associated with such a procedure are well beyond the financial capability of WAVA. In going the much less expensive route that we took, we inevitably run into technical reporting problems.

Firstly, there will be some bias in that only people who feel strongly about certain issues are likely to respond. Secondly, the questionnaire at Eugene was only in English. However, despite that, about 9% of replies were from non-English speaking countries.

As we received different numbers of replies from different geographical groups, the data were "weighted" according to the number of competitors each Region had at the Championships. For example, 421 replies from North America were received or about 62% of the total replies. North American entries constituted about 47% of the total entries at Eugene and therefore each response from a North American competitor was "weighted" by 0.765 so that the North American share of the "weighted" answers was 322 (47%). All other regions were "weighted" up. There were 53 replies where the competitor's country was not given and these replies received a neutral weight of 1.00.

It is important to realize that weighting only affects the overall total; it does not affect how the percentages work out within the Region as all replies within the region receive the same weight.

31% of the replies were from female competitors and 69% from males, with a good distribution by age for both sexes. Track, road running, track and road walking, throws, jumps, and cross-country were all well represented.

RESULTS

Q.1 - More and more people are competing in the WAVA World Veterans' Championships. While this is a very good sign for the Veterans' movement, it makes it difficult to complete the Championships within a 10-11 day period. Looking forward to future Championships, how would you suggest WAVA deals with the ever-increasing entry? Should we:

- Extend the Championships to 12-14 days?
- Drop one of the non-competition days?
- Introduce qualifying standards for participation?
- Or have you some other ideas? (write in)

	Total	Female	Male	Europe	North America	Oceania & Rest	Region Unknown
Drop one of the non-competition days	50.1%	49.5%	50.6%	46.6%	54.0%	51.1%	35.9%
Introduce qualifying minimal standards	37.8%	33.5%	39.7%	52.3%	34.8%	22.6%	47.1%
Extend Championships to 12-14 days	23.7%	24.3%	23.2%	25.0%	20.8%	30.1%	20.8%

Half the respondents felt that the solution would be to drop one of the non-competition days. There was a fairly even response over all the regions, both sexes and the various athletic interests. Whilst this is an option it would make the holding of the various meetings such as stadia, non-stadia, regional, Women's Assembly and the General Assembly that much more difficult to organize.

Close to four in ten (37.8%) suggested that qualifying standards be adopted in order to qualify to enter the Championships. There may come a day when such a move will be forced on WAVA because of increasing numbers but it would surely

make a fundamental change in the appeal and objectives at the WAVA Championships.

Nearly one quarter (23.7%) felt that the Championships be extended to 12-14 days. In future, this may be the most practical and fairest way of dealing with increasing numbers.

No other suggestion achieved 5% or more of the answers; the nearest to that figure was to limit the number of events per participant but at 4.4% this was not particularly popular.

The considerable differences between the regions on qualifying standards seems to be consistent with the regional attitudes to standards for the awarding of medals (see below). Amongst the various athletic interests, the throwers (45.9%) and jumpers (44.3%) were the most enthusiastic about qualifying standards to enter the Championships.

Q.2 - Should an athlete have to achieve a minimum standard in order to win a medal in the WAVA World Veterans' Championships?

	Total	Female	Male	Europe	North America	Oceania & Rest	Region Unknown
Yes	59.5%	55.8%	60.9%	75.0%	53.7%	55.6%	50.9%
No	38.5%	40.3%	37.6%	22.7%	44.1%	41.4%	49.1%
No answer	2.0%						

The major difference is between Europe and the rest of the world; this is consistent with the willingness of the Europeans to see qualifying standards for entry. However, a majority of competitors from all regions approved the use of standards in awarding medals. The only athletic group falling below 50% approval were the throwers (46.8% approve).

In view of the fact that almost four in ten (38.5%) do not want medal standards the WAVA Council's decision to see medal standards for the third place medal if only 3 competitors, the second place medal if only 2 competitors and the first place medal if only 1 competitor, thus taking into account competition as well as absolute performance, is probably a sensible compromise.

Q.3 - It has been said that the starting age for Veterans should be the same for men and women. Do you agree or not?

Same starting Age:	Total	Female	Male	Europe	North America	Oceania & Rest	Region Unknown
Yes	73.0%	82.5%	68.8%	63.6%	77.3%	72.2%	77.4%
No	25.6%	16.5%	29.5%	35.2%	20.5%	27.8%	20.8%
No answer	1.4%						

There can be no argument about these figures! Clearly this is an area which the WAVA Affiliates should consider before the Turku General Assembly (as was agreed at the Eugene General Assembly).

All people agreeing that the starting age should be the same were then asked:

Q.4 - If 'Agree': If you think that the ages should be the same how do you think this should be done?

	Total	Female	Male	Europe	North America	Oceania & Rest	Region Unknown
Lowering the men's age to 35	24.2%	23.5%	24.9%	28.6%	19.3%	32.3%	24.4%
Raising women's age to 40	75.2%	76.5%	74.5%	71.4%	80.3%	66.7%	73.2%
No answer	0.6%						

Clearly the feeling among the respondents was that "veteran's life begins at forty". In the writer's opinion changing from 35 to 40 threshold age for women veterans is not that easy, bearing in mind the many fine athletes already competing in the W35 age group. However, that is a matter for democratic discussion within each WAVA affiliate with a possible constitutional proposal to be debated at the next WAVA General Assembly.

Q.5 - What do you like best about the WAVA World Veterans Championships? (write in).

There were many points raised - surely in itself a compliment to the organization and spirit of Eugene.

Those scoring 10% or more mentions were:

Friendship/Fellowship/Camaraderie:	23.1%
Meet athletes from all over the world:	19.9%
High level of competition/feels like Olympics	17.8%
Friendly/relaxed competition/atmosphere/friendly international competition:	16.6%
Make friends/see old friends	12.1%
Everyone can compete/open to all:	11.7%

You will notice the vein of friendship which runs through these answers. The organizers of WAVA's eight World Championships - held in several continents - can be proud!

Q.6 - And what do you like least about the WAVA World Veterans' Championships? (write in).

The success of Eugene may well be measured in that four in ten of the respondents (40.6%) had no critical comments to make. The "least liked" com-



16 Months To Go

Countdown to Turku

Land of the Midnight Sun

by PIRKKO MARTIN

It was exquisite to read Hal Higdon's article (September NMN) on his pleasant memories of Turku, Finland. It is my pleasure to inform you that the Sauna he mentioned is still functional and everyone is invited to bathe in it during the IX World Veterans Championships next year in Turku from July 18-28. The Sauna was erected in 1940 and was totally renovated two years ago.

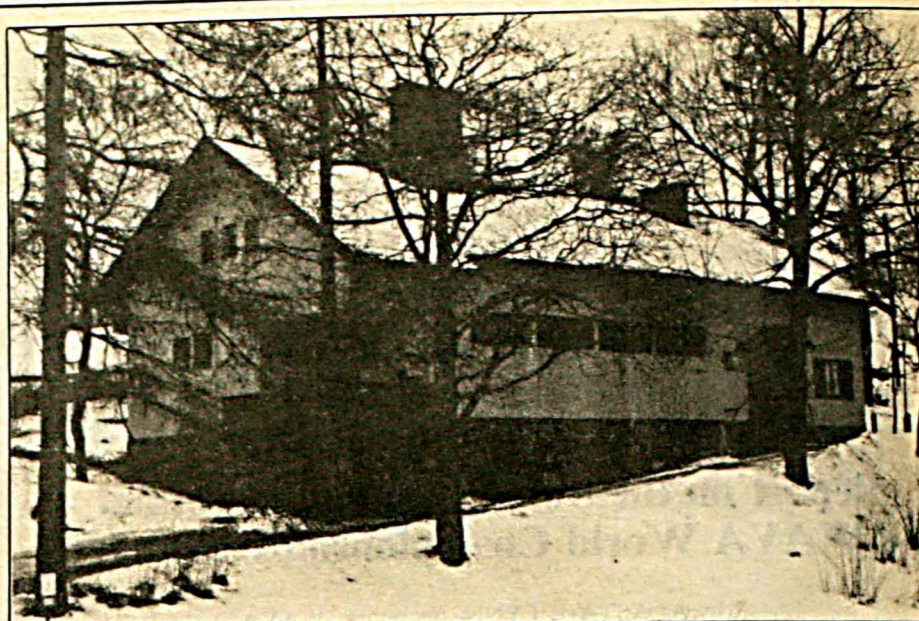
There are about 160,000 citizens in Turku, or about 200,000, if we include the nearby cities of Kaarina and Raisio. The tracks and other facilities are in excellent condition and we are expecting a "world record festival."

Visitors to Stockholm can choose from several daily connections by ferry (Silja Line) or airplane (Finnair). There are good connections between Turku and Leningrad, only a 500km (313 mile) journey. If you wish to admire the midnight sun, you can use one of

the daily connections to Lapland, the land of Santa Claus.

More details will be coming soon. Meanwhile, I wish you success in your competitions, and hope to see you in Turku next year.

(Pirkko Martin is one of the directors of the IX WAVA World Veterans Athletics Championships. The preliminary schedule and detailed information are on pages 24-25. NMN will provide regular updates on the Championships in this column. — Ed)



Sauna in Turku



Report from Britain

by ALASTAIR AITKEN (of *Athletics Today*)
and MARTIN DUFF (of *Athletics Weekly*)

Tony Ross was first vet and 10th overall in 30:28 in the Metropolitan League X-C at Parliament Hill Fields, December 16.

After a two-month layoff, Mick Hurd, 44, returned to action with a 52:23 in the Fareham 10-Miler January 28, besting Abbi Pellett, Tecwyn Davies, and Martin Duff.

The winter storms have played havoc with U.K. road times in recent weeks, but Keith Penny, one day short of his 40th birthday, clocked 51:10 in the Canterbury 10-mile, as his wife Glynis

(39 on race day) won the women's section in 57:16.

Vets Andy Holden and World Veterans 10K road champion, Alun Roper, both finished high up in open-cross-country races.

Maurice Morrell, British javelin champion at age 21 and M45 steeplechase gold medal winner in Eugene last year, was elected president of the Wirral AC.

The National Veterans Cross-Country Championships will be held at Wormwood Scrubs in West London on March 11. □

TURKU, 1991!

The IXth World Veterans' Championships are set for Turku, Finland at the end of July/early August of 1991, less than two years away.

History, natural beauty, and track & field tradition are all combined in Turku. The oldest city in Finland, Turku was also the home of the legendary Paavo Nurmi. Castles, museums, and a busy harbor offer plenty of sight-seeing opportunities for competitors and their families.

The Co-Directors of the VIII World Veterans' Championships, Tom Jordan and Barbara Kousky, are organizing a "TURKU '91" tour, which will include air travel, choice of accommodations, transfers, and an experienced staff — all designed to make your trip a memorable one.

Costs are of course not determined yet, but the advantages of making group travel and housing arrangements will keep the price as low as possible. Tour extensions to other destinations will also be available.

If you are interested in more information about the "TURKU '91" tour with Jordan and Kousky, please write to: **Turku '91, Box 10825, Eugene, Oregon 97440.** A brochure outlining the specifics of the tour will be sent to you in the spring of 1990. If you already know that you wish to go with "TURKU '91", send \$50 deposit now to reserve your space. Make the check payable to "TURKU '91 TOUR".

TURKU '91 TURKU '91 TURKU '91 TURKU '91 TURKU '91

Report on the Survey of Competitors in Eugene

Continued from page 19

ments were made up of many comments mostly scoring in the range of 2-3%. The highest individual comment was "lack of qualifying standards/unfit participants" at the 4.8% level.

Q.7 - What are your ideas for improving the Championships?

Over half (52.6%) felt that there were no improvements necessary or that the Championships should "stay as good as Eugene."

Only two comments were raised by more than 5% of the respondents:

	Total	Female	Male	Europe	North America	Oceania & Rest	Region Unknown
Have qualifying standards	5.7%	4.9%	6.1%	13.1%	3.1%	3.0%	3.8%
Re-schedule specific events	5.4%	6.8%	5.0%	5.7%	4.7%	6.8%	5.7%

The throwers (8.9%) and jumpers (8.7%) were again the strongest athletic groups in favor of qualification.

Changing medal standards, which had appeared to be a hot issue before the Championships, only rated 1.9%.

Q.8 - Would you rather be called a Veteran or a Master or is there some other name which you think is more appropriate:

Prefer:	Total	Female	Male	Europe	North America	Oceania & Rest	Region Unknown
Veteran	34.8%	24.8%	39.3%	55.1%	14.6%	66.9%	9.4%
Master	55.7%	63.6%	52.3%	34.1%	75.5%	27.8%	79.2%
Other	6.1%	8.7%	5.2%	9.7%	5.0%	5.3%	5.7%
No response	3.4%						

The 55.7% overall for "Masters" is clearly a reflection of the North American love affair with that term; (understandable in that "Veterans" has a distinct military connotation in North America).

However the Eugene General Assembly voted massively against changing the WAVA title to include Masters (i.e. WAMA instead of WAVA) reflecting the

Continued on page 21



Gold medal M60 relay team (3:58.43) in the 4x400 at the World Games in Eugene. Left to right: Bernie Stevens, Chuck Sohor, Jim Law, Jack Greenwood. Photo by Rosemary Sochor

Japan to Bid For 1993 World Championships

Japan will definitely bid for the 10th WAVA World Veterans Athletics Championships, according to Kiyoshi Kounoike, Chairman of the Nippon Masters Athletic Union.

"I just returned from a trip to Miyazaki Prefecture (state) to meet the governor and other officials concerning the 1993 Championships," Kounoike told NMN. "We are now sure Miyazaki will bid for the Championships."

The city of Miyazaki is the government seat of Miyazaki Prefecture, which is located on the island of

Kyushu, the southernmost of Japan's four main islands. It is about 600 miles southwest of Tokyo.

The General Assembly of WAVA will determine the site of the 1993 event at its biennial meeting in Turku, Finland — site of the IX Championships — on July 24, 1991. At that time, bids will also be considered for the 1995 Championships.

If the Japanese bid is successful, it will mark the first time that the WAVA World Championships will be held in an Asian nation. □



Australia's Charles Booth (85004) wins the M85 200 in 39.54 over New York's Konrad Boas (85003, 40.28) and Indiana's Arling Pitcher (42.93), in the World Veterans Championships in Eugene. Photo by Leo Benning

Report on the Survey of Competitors in Eugene

Continued from page 20

voting power of WAVA Affiliates in regions other than North America.

Q.9 - In previous Championships we have held pentathlons for men and women. In Eugene these have been replaced by a decathlon for men and a heptathlon for women. Which do you prefer:

Pentathlon for women, or Heptathlon for women, or No opinion	Pentathlon for men, or Decathlon for men, or No opinion
--	---

Many respondents had no opinion on pentathlon v. heptathlon or pentathlon v. decathlon. For those who had an opinion the figures were:

Pentathlon for women	14.0%
Heptathlon for women	24.3%
Pentathlon for men	14.0%
Decathlon for men	30.0%

While the proportions varied somewhat, the majority within each group (Sex, Region, Athletic interest) agreed with the total overall with the exception of the women's pentathlon v. heptathlon in Oceania & Rest where the figures were:

Pentathlon for women	19.5%
Heptathlon for women	17.3%

Among women 50 years and over the result was close with 10.5% for the pentathlon and 11.6% for the heptathlon.

Q.10 - Open Track and Field has recently suffered much bad publicity from the use of drugs by some athletes. Do you think that WAVA should introduce drug testing at the World Veterans' Championships or stay as it is now with no drug testing?

	Total	Female	Male	Europe	North America	Oceania & Rest	Unknown
Introduce drug testing	46.2%	45.1%	46.4%	60.8%	43.2%	29.3%	56.6%
No drug testing	50.6%	50.5%	50.6%	39.2%	51.9%	66.9%	41.5%
No response	3.2%						

The Europeans came out strongly for the introduction of drug testing although their vote is insufficient to swing the overall figure which comes out at just over 50% against drug testing. As we have observed earlier, the throwers and jumpers tend to have different opinions, with 58.1% and 53%, respectively, being in favor of drug testing.

Any future movement in favor of drug testing would have to take into account the effect of medication which some veteran athletes must take for health reasons, not to mention the logistics and cost of such a program.

The answers to the final question on "other comments" tended to reflect what had already been voted from earlier questions.

BREAKDOWN OF RESPONDENTS

The following figures are actual respondents. As mentioned at the beginning of this report, the respondents were "weighted" by region to represent the regional distribution of entries:

Continued on page 26

PRESIDENT:
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Oxford, OX7-6LX
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VICE PRESIDENT (Non-Stadia):
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DELEGATE OF: NORTH AMERICA
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San Diego, CA 92115
USA

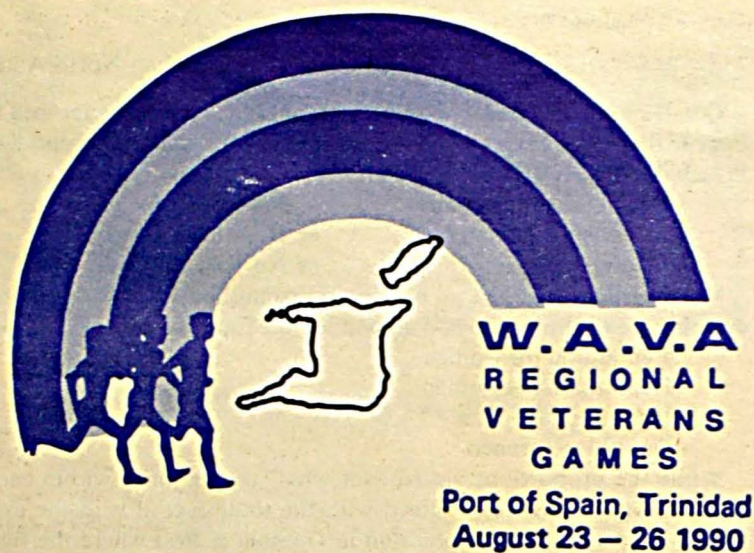
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Juncal 1395
Floor 2 of 15
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Uruguay

ASIA:
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Marine Crescent, Singapore

EUROPE:
Hans Axmann
Eichendorffstrasse 2
D-800 ANSBACH
Federal Republic of Germany

OCEANIA:
Jim Blair
P.O. Box 2910
Wellington, New Zealand

AFRICA:
Contact President



INVITATION

TO ATTEND THE

W. A. V. A NORTH AMERICAN REGIONAL

TRACK AND FIELD CHAMPIONSHIPS

"The Organizing Committee of the Trinidad & Tobago Masters

extend an invitation to compete in the

World Association of Veteran Athletes (WAVA) North American Regional Track and Field

Championships and Special Sub-Masters Events.

August 23 - 26, 1990

Port of Spain, Trinidad & Tobago, West Indies"

Competition for Masters and Sub-Masters 30 years and over.

ALL SPORTS PROMOTIONS
58 CARLOS STREET,
WOODBROOK, PORT OF SPAIN
TRINIDAD, WEST INDIES.

TEL: (809) 628-4028

FAX: (809) 628-3792

Direct US Enquiries to:-
SPORTS TRAVEL INTERNATIONAL
P. O. BOX 7823
SAN DIEGO, CA 92107
U. S. A.

TEL: (619) 225-9555

FAX: (619) 225-9562

TO BE OFFERED IN TRINIDAD, WEST INDIES

One Great Mondo 400 Meter Track at National Stadium and Mondo Warm Up Area.

All Track Events 100m - 5,000m Plus All Field Events

5,000m Track Race Walk and 20K Road Race Walk

Pentathlon for Men and Women

8Km Cross Country Race with Beach Picnic

25Km Road Run for Men and Women

4 x 100 / 400 Relays for Men and Women

Special Age graded 100M, Run off

World Class Competition with International Entrants

Shuttle Bus Service Between Tracks with various stops for shopping, sightseeing and eating on selected buses.

Automatic Timing

Games Opening Ceremony

Recreation of the 1976 Montreal Olympic Mens 100m Dash Final (Age Graded)

Post Meet Banquet Dinner

Meet all the athletes of Trinidad and Tobago who have medaled at Olympic Games.

Visit Trinidad's Bird Sanctuary, Pitch Lake at special group rates.

GENERAL INFORMATION

ELIGIBILITY: Open to all men and women 30 years and older. Age on August 23rd, 1990 determines age and division. Proof of date of birth will be required from all competitors at packet pick-up. WAVA and IAAF regulations limit formal "masters" competition to men 40 and over, and women 35 and over, therefore competition events for women aged 30 to 34 and men aged 30 to 39 will be "sub-masters" events for which special medals will be awarded.

MEDALS: Championships medals will be awarded to the top three finishers in each division of each event final. All competitors receive a certificate of participation.

ENTRY FEE: Entry Fee for the first event is US \$25.00 and US \$10.00 for each subsequent event. Relay entry \$30.00 per team.

ENTRY DEADLINE: All entries MUST BE RECEIVED BY JUNE 1, 1990. Confirmation or entry will be sent by June 30, 1990. If not received by that date call 809-628-4028. For additional entry forms make request to either Sports Travel International or All Sports Promotions.

FACILITIES: One Mondo rubber 400 meter track, Mondo javelin and jump runways, concrete rings.
6MM SPIKES OR FLATS ONLY.

MEDICAL SUPPORT: Sports Medicine Association of Trinidad and Tobago, National Stadium.

PACKET PICK-UP: Athletes may pick up their entry packets at The National Stadium from 9.00 a. m. to 9.00 p. m., August 22nd to August 25th, 1990.

TENTATIVE MEET SCHEDULE

THURSDAY 23 AUGUST 1990

- 7.30 a.m. Shot Put Women All Ages
- High Jump Women All Ages
- Javelin Throw Men All Ages
- 5 KM Walk - All M/W
- 3.30 p.m. 8 KM Cross Country Run with picnic

FRIDAY 24 AUGUST 1990

- 7.30 a.m. Pentathlon
- 7.30 a.m. Shotput All Men
- 7.30 a.m. Long Jump All Men
- 7.30 a.m. Javelin Throw All Men
- 9.00 a.m. 100 Met. Dash M/W Heats
- 11.00 a.m. 1,500 Met. Flat M/W Heats
- 1.00 p.m. Discus Throw Women
- 1.00 p.m. Long Jump Women
- 1.00 p.m. High Jump Men
- 1.30 p.m. 80/100/110 Met. Hurdles M/W Heats/Finals
- 3.30 p.m. 100 M Dash Finals M/W
- 5.30 p.m. 1,500 M. Flat Finals
- 7.00 p.m. Games Opening
- 8.30 p.m. 400 Flat M/W Heats

GROUND TRANSPORTATION

Airport: Round Trip Transfers from Piarco International to hotels is approximately U.S. \$45.00 per taxi based on a maximum of 4 persons.
For groups of four or more persons contact:-
All Sports Promotions, Tel: 809-628-4028, FAX: 809-628-3792

Shuttle service will operate between the National Stadium and major housing accommodations as follows:

Type 'A' Bus: Wed, Friday, Sat. 6.00 a.m. - 9.00 a.m.
6.00 p.m. - 12.00 p.m.
Thursday 6.00 a.m. - 9.00 a.m.
Sunday 6.00 a.m. - 8.00 a.m. - 12 noon to 2.00 p.m.

Route: Major Housing Accommodations and Stadium
Cost of Pass: US \$10.00 per person plus 15% VAT
Valid: 22nd to 26th August 1990

Type 'B' Bus: Wed, Saturday 9.00 a.m. - 6.00 p.m.
Sunday 8.00 a.m. - 12 noon
Route: Major Housing Accommodations, shopping malls, selected restaurants, The Savannah and Botanical Gardens.
Cost: US \$25.00 per person plus 15% VAT
Valid: 22nd to 26th August 1990

ACCOMMODATION

In and around Port of Spain there is a variety of accommodation available, from the international hotels to the local bed and breakfast. A partial listing of room rates are as follows:

HOTEL CLASSIFICATION	SINGLE OCCUPANCY	DOUBLE OCCUPANCY
Deluxe	\$75.00	\$50.00 per person
First Class	61.00	40.00 " "
Moderate	52.00	30.00 " "
Budget	41.00	24.00 " "
Bed and Breakfast	34.00	20.00 " "

The above rates are:-

- Per night and in US Dollars
- Subject to 15% Value Added Tax and 10% service charge.
- Inclusive of Breakfast daily
- Subject to a 5% penalty if reservations are received after June 1 1990.

All reservations are to be made to:-

All Sports Promotions,
58 Carlos Street, Woodbrook,
Port of Spain, Trinidad.
Tel: (809) 628-4028
Fax: (809) 628-3792

Group rates are available through All Sports Promotions.

SATURDAY 25 AUGUST 1990

- 8.30 a.m. 5,000M Flat Women, Finals
- 8.30 a.m. Hammer Throw Men
- 8.30 a.m. Triple Jump
- 9.30 a.m. 5,000M Flat Men Finals
- 10.30 a.m. 400M Flat M/W Finals
- 1.10 p.m. 200M Flat M/W Heats
- 1.10 p.m. Hammer Throw Women
- 3.30 p.m. 800M Flat M/W Heats
- 5.30 p.m. 200M Flat M/W Finals
- 7.00 p.m. Recreation of '76 100M Finals
- Age Graded 100M Dash M/W
- 8.00 p.m. 800M Flat M/W Finals

SUNDAY 26 AUGUST 1990

- 6.00 a.m. 25KM Road Run M/W
- 6.30 a.m. 10/20KM Road Walk M/W
- 7.30 a.m. Discus Throw Men
- 7.30 a.m. Hammer Throw Women
- 8.30 a.m. 300/400 Met. Hurdles M/W
- 9.45 a.m. 4 x 100 Met Relays M/W
- 11.45 a.m. 4 x 400 Met Relays M/W

ORDER OF COMPETITION

Women before men, oldest to youngest. Timed sections seeded by declared 1989/1990 marks. Field events to be scheduled by age group divisions.

Consult final schedule for precise start times for each age group.

COMPETITION ENTRY FORM

Family Name _____ First Name _____
Address _____ Tel. No: Area Code _____ No. _____
City _____
State _____
Postal Zone _____
Country _____

Male/Female _____ Date of Birth: Month _____ Day _____ Year _____ Age _____ As of August 23, 1990

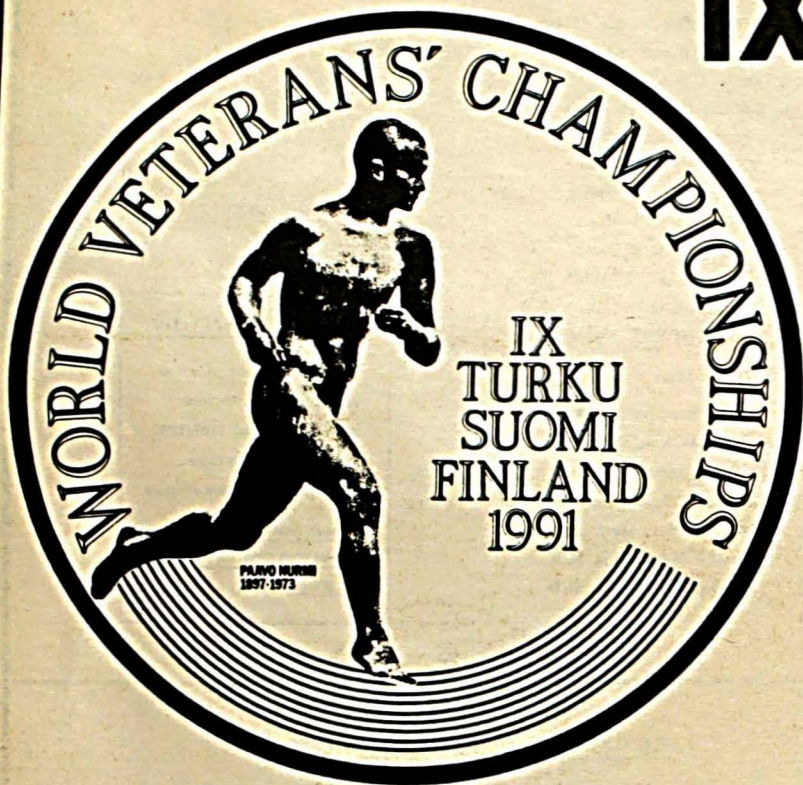
1st Event Entry Fee _____ US \$ 25.00 Payment: Bank Draft
Each Additional Event: Number of Events _____ X US \$10.00 \$ or Check in US Dollars
Type 'A' Bus Pass: Number of Persons _____ X US \$10.00 \$ payable to WAVA
Type 'B' Bus Pass: Number of Persons _____ X US \$25.00 \$ Regional Games (1990)
WAVA Compulsory Fee _____ \$ 5.00
TOTAL (add above lines together) _____ \$

MARK EVENT HERE WITH AN 'X'	Name of Event	Women's Age Group	Men's Age Group	Best Marks 1989 - 1990	Date & Location
	100 Meter Dash	All Age Groups	All Age Groups		
	200 Meter Dash	All Age Groups	All Age Groups		
	400 Meter Dash	All Age Groups	All Age Groups		
	800 Meter Run	All Age Groups	All Age Groups		
	1,500 Meter Run	All Age Groups	All Age Groups		
	2,000 Meter Steeplechase	All Age Groups	M60 and Older		
	3,000 Meter Steeplechase		M30 through M55		
	5,000 Meter Run	All Age Groups	All Age Groups		
	25 KM Run	All Age Groups	All Age Groups		
	80 Meter Hurdles	W40 and Older	M70 and Older		
	100 Meter Hurdles	W30 and W35	M50 through M65		
	110 Meter Hurdles		M30 through M45		
	300 Meter Hurdles	W50 and Older	M60 and Older		
	400 Meter Hurdles	W30 through W45	M30 through M55		
	8 KM X-C	All Age Groups	All Age Groups		
	20 KM Walk (Road)		All Age Groups		
	10 KM Walk (Road)	All Age Groups			
	5 KM Walk (Track)	All Age Groups	All Age Groups		
	High Jump	All Age Groups	All Age Groups		
	Pole Vault		All Age Groups		
	Long Jump	All Age Groups	All Age Groups		
	Triple Jump	All Age Groups	All Age Groups		
	Shot Put	All Age Groups	All Age Groups		
	Discus Throw	All Age Groups	All Age Groups		
	Javelin Throw	All Age Groups	All Age Groups		
	Hammer Throw	All Age Groups	All Age Groups		
	4 x 100M Relay	All Age Groups	All Age Groups		
	4 x 400M Relay	All Age Groups	All Age Groups		
	Pentathlon	All Age Groups	All Age Groups		

Please send this entry form and fees to:
World Association of Veteran Athletes (W.A.V.A.)
North American Track & Field Championships
All Sports Promotions
58 Carlos Street, Woodbrook, Port of Spain
Trinidad, West Indies.

I hereby declare that I am in good health and am properly conditioned for the competitions and of the stated age. I absolutely relieve W.A.V.A. Regional Masters Track and Field Championships Organizing Committee, T&TMA the sponsoring non-profit organization and the corporate sponsors of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 1990 WAVA NA Regional Field Championships.

Signature: _____ Date: _____



IX WORLD VETERANS

TURKU FINLAND JULY 18-28, 1991

Tentative Event Schedule

Day	Event	Day	Event
18.7.	Heptathlon W Decathlon M Road Race W Road Race M Hammer M65+ Hammer W	25.7.	200m Dash W Heats 200m Dash M Semif. 200m Dash W Finals 400mH W Finals 300mH M Finals 300mH W Finals 400mH M Finals
19.7.	Heptathlon W Decathlon M Hammer M40-60		Cross-Country M Cross-Country W 5000m W
20.7.	100m Dash M Heats 100m Dash W Heats 100m Dash M Semif. 80/100/110mH M Heats 80/100mH W " 80/100/110mH M Semif. 800m M40-50 Heats 800m M55-70 Heats 10000m M50+ Pole Vault W Pole Vault M50+ Shot Put M40-65 Javelin W Javelin M70+		Long Jump M65+ Long Jump W High Jump M40-60 Discus M40-60
21.7.	100m Dash M Finals 100m Dash W Finals 80/100/110mH M Finals 80/100mH W Finals 800m M40-50 Semif. 800m M55-70 Heats 800m W Finals 300mH M Heats Road Walk M Road Walk W 10000m M40-45 10000m W Pole Vault M40-45 Shot Put M70 Shot Put W Javelin M40-65	26.7.	200m Dash M Finals 400m W Heats 400m M Heats 5K Walk M 5K Walk W 1500m M Heats 1500m W Heats 1500m M Semif. Discus W Triple Jump M40-55
23.7.	200m Dash M Heats 400mH M Heats 400mH W Heats 800m M Finals 5000m M Long Jump M40-60 High Jump M65+ High Jump W Discus M65+	27.7.	400m M Semif. 400m M Finals 400m W Finals 1500m M Finals 1500m W Finals 2K Steeple M Finals 2K Steeple W Finals 3K Steeple M Finals Triple Jump M60+ Triple Jump W
		28.7.	Marathon M&W 4x100m Relays M 4x100m Relays W 4x400m Relays M 4x400m Relays W

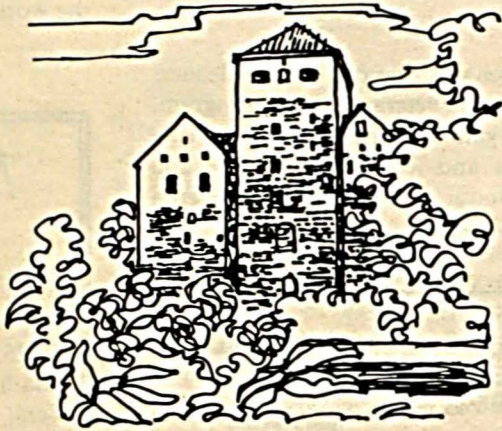
For your travel arrangements
please contact your Travel Agency
or your nearest Finnair Office:

AMSTERDAM Finnair, Weteringschans 26	(020) 244799
ATHENS Finnair, 16 Nikis St./5th floor	(01) 3255235
ATLANTA Finnair, 1815 Century Blvd. Suite 330	(404) 320-9787
BARCELONA Finnair, Plaza Urquinaona, 6, 12. ^o C	(93) 3186372
BEIJING/PEKING Finnair, CITIC Building 18-5, 19 Jian Guo Men Wai Dajie	512 7180
BERLIN DDR Finnair, Rathausstrasse 5	(02) 2123560
BERLIN WEST Finnair, Budapest Strasse 26 A	(030) 2618055
BOSTON Finnair, 20 Park Plaza	(617) 482-4952
BRUSSELS Finnair, Rue du Finistere 4, 7th floor	(02) 2182838
BUDAPEST Finnair, Váci Utca 19-21, II.3	(01) 1174022
CAIRO Finnair, 15. Tahrir Square, 1st floor	769571
CHICAGO Finnair, 180 North Michigan Ave., Suite 730	(312) 726-0871
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DUSSELDORF Finnair, Am Wehrhahn 2a	(0211) 353373
FRANKFURT Finnair, Wiesenhüttenplatz 25	(069) 236241
GENEVA Finnair, 12, Place Cornavin	(022) 7312530
GOTHENBURG Finnair, Fredsgatan 6	(031) 170990
HAMBURG Finnair, Esplanade 41-46	(040) 342056
HANOVER Lufthansa, Luisenstrasse 10	(0511) 31055
HELSINKI Finnair, Central Booking Office	(90) 818800
ISTANBUL Finnair, Cumhuriyet Cad. 26, Elmadag, Taksim	(1) 1345130
LEIPZIG Interflug, Sachsenplatz 1	(041) 2862022
LENINGRAD Finnair, Ulitsa Gogolya 19	(7-812) 3159736
LISBON Finnair, Avenida Sidonio Pais 2, 2nd floor	(1) 576148
LONDON Finnair, 14 Clifford Street	(01) 4081222
LOS ANGELES Finnair, 5959 West Century Blvd., Suite 214	(213) 216-5750
LUXEMBOURG Finnair, 63 Avenue de la Gare	487888
MADRID Finnair, Plaza de Colon, 2 Torres de Colon	(91) 3085571
MALAGA Finnair, Airport (International Terminal)	(952) 231380
MALMÖ Finnair, Baltzarsgatan 31	(40) 100975
MANCHESTER Finnair, International Airport Building 302, Room 104	(061) 4362400
MILAN Finnair, Via Larga 2	(02) 809458
MONTREAL Finnair, 500 Sherbrooke Street West, Suite 1030	(514) 282-1173
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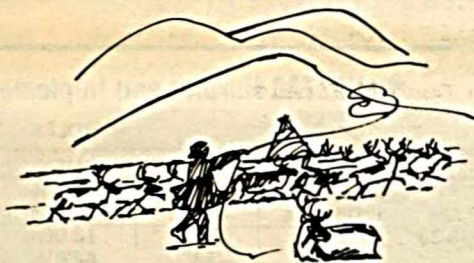


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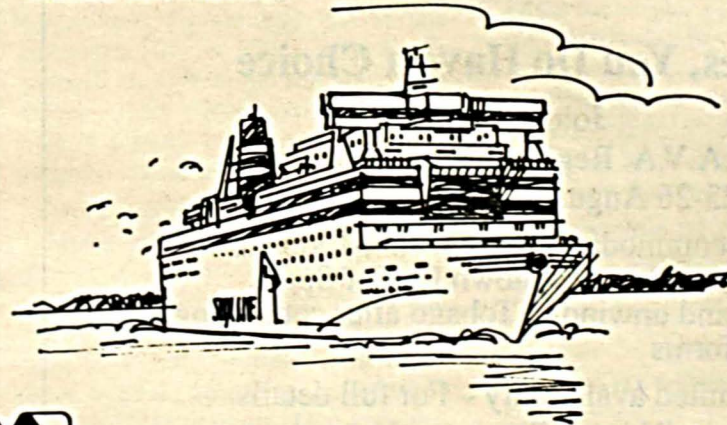
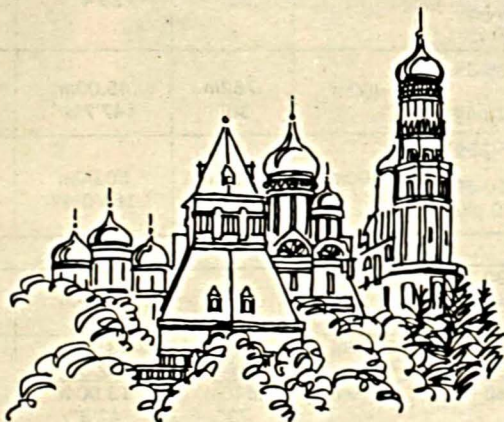
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Taylor Bests Green in National 5K in Florida

Continued from page 1

ed the finish line first in the masters-only race in 16:31, with Pennsylvania's Norm Green, 57, close behind in 16:38. New Jersey's Sam Huckel, 48, was third in 16:59. Each won TAC National Championship gold medals for winning their respective five-year age divisions.

Florida's Yvonne Rodgers, 47, led all women in 19:24.

Passing mile one, the overall title was up for grabs with a pack of four leading the way. Taylor went by at five minutes, followed by Bob Hans, a Florida high school coach, Huckel and Green.

By two miles in 10:31, Taylor, a banker, widened his lead to 70 yards. But Green, a clergyman, wasn't about to let the race be stolen.

With a half-mile left, Green was running faster than Taylor, who said after the race, "If I hadn't heard that guy call your name at three miles, this might have been your race."

He did, it wasn't, and a stretch sprint carried Taylor to a seven-second victory.

After several injury-ridden years, Rodgers is mounting a steady comeback. The homemaker never looked back in posting a 44-second win over

local favorite, Nina Ehmer (20:08), a new master who's also seen her share of injuries. Tallahassee's Mae Cleveland was third and first W50 finisher.

The best age-group competition was found in the M70-74 division. TAC's 1989 MVP for the group, Nate White of Fayetteville, N.Y., could muster only a third as Florida's Max Quakenbos broke away from White and Phil Jones in the stretch for the win in 21:58. Regaining his 1988 crown, Quakenbos was 13 seconds better than Jones, a retired California judge, at the tape. White (22:16) was another four seconds back.

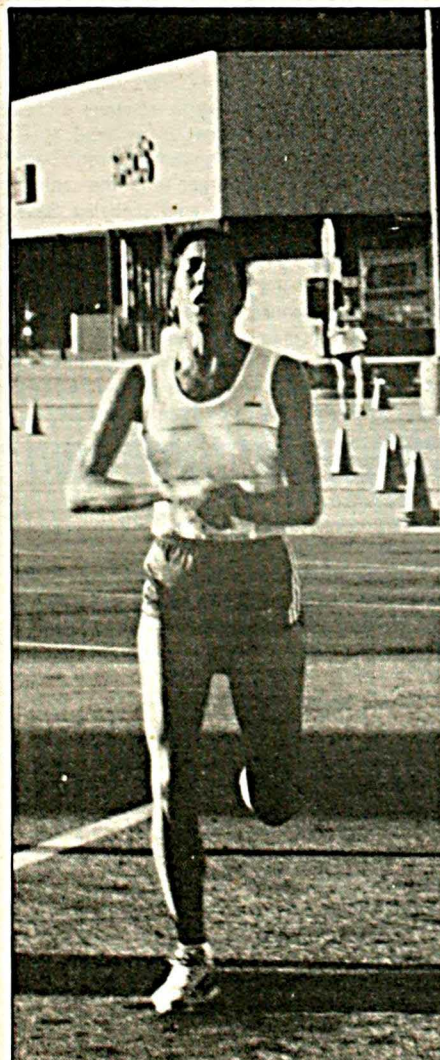
Needless to say, Green had the best age-graded performance of the day, with 94.1%. Bart Ross, winner of the M65 title in 20:18, was second with 83.7%.

Florida lived up to its nickname of the Sunshine State with record setting temperatures that would rise to 86 degrees later in the day. But the relatively shady rural loop lessened its effect on the runners.

The event was hosted by Central Florida Masters and sponsored by Alta Vista Fitness Promotions with assistance from the *Volusia*, Gatorade, DeLand Police Explorers, and the West Volusia Tourism Authority. □ —from John Boyle



Yvonne Rodgers, 47, is the first female across the finish line in 19:24 in the National Masters 5K Championships in DeLand, Fla., February 4. Photo from John Boyle



Nina Ehmer is second female finisher in 20:08 in the National Masters 5K on February 4 in DeLand, Fla. Photo from John Boyle

Stewart Sets World Indoor Masters Mile Record

Continued from page 12

masters meet record time of 4:17.69.

Stewart skipped that race and the rest paid off at the Meadowlands.

In the Millrose race, Mark Winzenreid, the world indoor record holder for 1,000 yards (2:05.1), took the field through a 63 quarter and a 2:09 half. Then he dropped out.

Stewart, running second, took over and moved through a 3:13 three-quarters. "I was leading earlier than I wanted to," Stewart said. "But I knew I had to be first with three laps to go."

The 42-year-old Alberg, who was running on boards for only the second time, accelerated in the last quarter. But he was too far back to catch Stewart. "The difference between running indoors and outdoors is how quickly things happen. I lost Dave for 20 yards right after the half. That was the race."

Alberg Ran Marathons

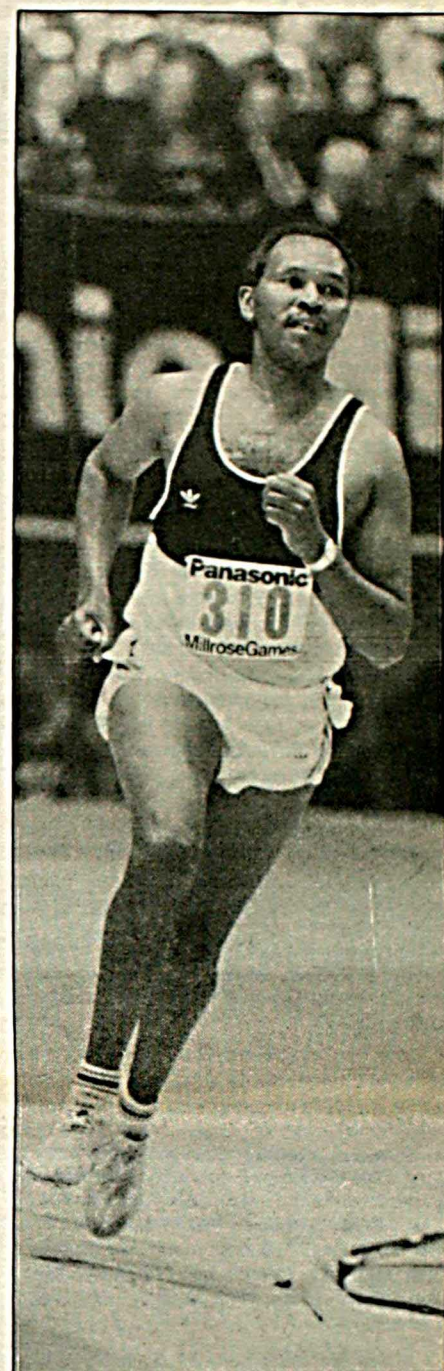
A school vice principal, Alberg ran a 2:32 marathon in New York City in 1986. "I was doing 10Ks and marathons. Then, this summer somebody talked me into running the mile." Alberg turned in a 3:53 for 1500 meters (equivalent to a 4:10 mile) in the World Veterans in Eugene, finishing second to Waigwa whose effort lowered the world mark to 3:49.47. A month later, Alberg turned the tables in the Fifth Avenue mile. He bested Waigwa (who was third) with a 4:10.16 clocking and a world masters road record. Those races gave Alberg cause to reconsider his future. "I said to myself, 'Why do I run so far?'"

The crowd of 16,428 — the third straight year the 17,000-plus seat Garden has not been filled for the traditionally sold-out meet — gave its loudest applause to Kip Keino. The 50-year-Kenyan, who beat Jim Ryun in the 1968 Olympic 1500, was the oldest competitor. He finished last in the eight-man field in 5:05. Later, Keino watched his 17-year-old son Martin get second in the high school invitational mile in 4:16.63. The younger Keino is going to school in Virginia.

Stewart said the 11-lap Garden track did not intimidate him because he has a low center of gravity and because he works out on a board track in Ottawa. "It is the only indoor facility we have," he said. "I train on it three times a week depending on whether they have a cattle show. That gives me an advantage. I'm used to running on boards and on a track with tighter turns. Our track is 13 laps to the mile so a track with 11 laps (the size of the Garden oval) is a lot of room for me."

Winners Earn \$1000

The winner of each of the three miles received \$1000. At Millrose, second and third places were also worth



Kenya's Kip Keino, 50, 1972 Olympic 1500 gold medalist, runs 5:05.04 in the Millrose Games Masters Mile. Photo by Sailer, Ltd.

\$600/\$400. Stewart picked up another \$1000 for breaking the world record at the Meadowlands, and was given a Panasonic Camcorder for setting a new meet record at Millrose. Boit and Keino's expenses from Kenya were picked up by *Runner's World* and the three meet directors.

Stewart said he plans to switch to road races this spring, pointing for the Red Lobster race in Florida and a race at Virginia Beach, Va. After that, he will train for another "good mile" at the New York Outdoor Games which Fred Lebow will stage July 29 at Columbia University's new world class track at Baker Field at the tip end of Manhattan.

Stewart, who did his varsity running at Miami of Ohio, said he feels he can get down to 4:08, his college time. But he will have tough competition. In addition to Waigwa and Boit, Rod Dixon turns 40 a few weeks before the meet and is expected to be invited. □

Shore Athletic Club One-Hour Postal Racewalk — For The Year 1989

Table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Contains race results for Men's 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-79 divisions.

Women's 40-44 Division table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Lists participants like Paula Kash, Donna Cetrulo, Sandy Womack, etc.

Women's 45-49 Division table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Lists participants like JoAnn Nedelco, Anita Hermach, Verna Buchs, etc.

Women's 50-54 Division table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Lists participants like Bev LaVeck, Barbara Hilger, Lois Dicker, etc.

Women's 55-59 Division table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Lists participants like Elizabeth Petersen, Margaret Seewerker, Trudy Grey, etc.

Women's 60-64 Division table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Lists participants like Ruth Leff, Joan Rowland, Patricia Nesley, etc.

Women's 65-69 Division table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Lists participants like Marie Henry, LaVonne Hottensmith, Rose Kash, etc.

Women's 70-74 Division table with columns: NAME, CLUB, METERS, HILES-YARDS, DATE, SITE. Lists participants like Emma Warnke, Simone McGrath.

* Better Existing National Individual Age Record

Men's Masters Teams 40-49 table with columns: TEAM, METERS, HILES-YARDS, DATE, SITE, TIME. Lists teams like New England Walkers, Potomac Valley, etc.

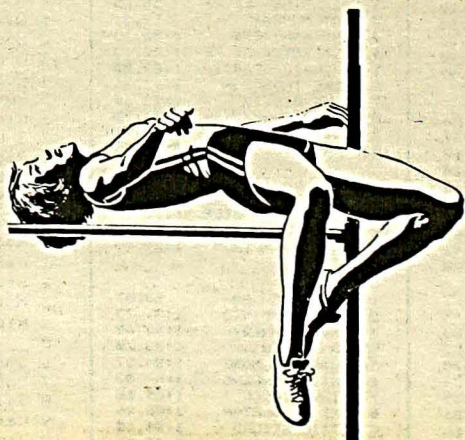
Men's Masters Teams 50-59 table with columns: TEAM, METERS, HILES-YARDS, DATE, SITE, TIME. Lists teams like Potomac Valley, Shore AC, etc.

Men's Masters Teams 60-69 table with columns: TEAM, METERS, HILES-YARDS, DATE, SITE, TIME. Lists teams like Shore AC A, Shore AC B, etc.

Men's Masters Teams 70-79 table with columns: TEAM, METERS, HILES-YARDS, DATE, SITE, TIME. Lists teams like Potomac Valley, Seeger 8.987, etc.

Women's Masters Teams 40-49 table with columns: TEAM, METERS, HILES-YARDS, DATE, SITE, TIME. Lists teams like Potomac Valley, Kansas City Walkers, etc.

Women's Masters Teams 50-59 table with columns: TEAM, METERS, HILES-YARDS, DATE, SITE, TIME. Lists teams like Potomac Valley, Golden Gate R/W, etc.



Continued from previous page

Table of race results for M60 Jim O'Neil, M65 Larry Banuelos, M70 Ed Lewin, M75 Ed Stotsenberg, M80 Mel Shine, M85 Willard Benton, M90 Paul Spangler, W40 No Qualifiers, W45 Kathleen Looney, W50 Gina Faust, W55 Wilma Maddock, W60 Margaret Miller, W65 Helen Dick, W70 Judy Siron, W75 Lucille Adney, W80 No Qualifiers, W85 No Qualifiers, W90 No Qualifiers.

Table of race results for 45-49 MEN, 50-54 MEN, 55-59 MEN, 60-64 MEN, 65-69 MEN, 70+ MEN, WOMEN, 40-44 WOMEN, 45-49 WOMEN, 50-54 WOMEN.

Table of race results for 55-59 WOMEN, Runner's Den/Y95 10K, Overall, M40 Bill Rodgers, M45 Chuck Sorensen, M50 Gordon Foster, M55 John Sadlouskos, M60 John Rouse, M65 Eugene Jaffe, M70+ Harry Youngkin, W40 Linda Rohmer, W45 Carol Flexer, W50 Carole Dunn, W55 Beverly Lampe, W60 Virginia Benenatil, W65 Gurnelle Jones, W70+ Rose Steward.

INTERNATIONAL

Stubbington 10K Hampshire, England January 7

Table of race results for Stubbington 10K: Open Mark Harris, M40 Abbi Pellett, M45 Martin Duff, M50 Bob Gould, M60 Dave Dellar.

Fareham 10 Mile Hampshire, England January 28

Table of race results for Fareham 10 Mile: Open Mark Harris, M40 Mick Hurd, M45 Martin Duff, M50 Tecwyn Davies, M60 Bob Gee, W35 Jane Baugh, W45 Mary Beard.



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Table showing advertising rates with columns for Inches, Ad Size, Cost, Width, Height, and Examples.

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Table showing frequency discounts: 3 to 5 insertions (10%), 6 to 12 insertions (15%).

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR., 1990

Table listing athletes with columns for Athlete (Residence), Birthdate, and Age Group.

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